

September 15, 2009

I am asking that my story be read as I am unable to attend today's hearing due to business commitments.

23 years ago, after heeding the natural & whole foods nutrition recommendations and recipes made by natural hygienists Harvey & Marilyn Diamond in their book "Fit for Life", my physical wellness and weight changed. This was after years of low-fat dieting, calorie counting and exercising extreme portion control, as was being recommended by local medical and dietetic authorities. In addition, my cholesterol improved, my blood pressure lowered, the arthritis in my knees was no longer an issue and my skin cleared up.

In 1999, after suffering a series of excruciating and debilitating colon attacks, I was seen by a local internist at my clinic. After an initial misdiagnosis of "colon stones" I was diagnosed with "spastic colon" and was advised to no longer include the following foods in my diet:

- Apples
- Broccoli
- Cauliflower
- Cabbage
- Cheese
- Spinach
- Lettuce
- Meat
- Soy
- Coffee
- Chocolate

He further advised that if this did not end the attacks I would need to go in for intestinal surgery.

I immediately felt that there was "something wrong with this picture" as I knew these foods to be healthful and extremely important to maintaining my health, in general. So I began a journey and sought as much information as possible from leading nutrition authorities to include naturopathic doctors, certified nutritionists and organic cooking specialists. As a result, I never sought medical help for digestive related issues again.

After learning that my issues were, more correctly, impacted by processed grains, wheat, msg, starches, sugar and other food additives, I eliminated these foods and today I enjoy all the healthy, high antioxidant and water soluble, high-fiber foods that I was told to avoid.

Last year I began to suffer what I believe may have been a non-allergy, allergy issue entitled "vasomotor rhinitis". After researching what I knew to be an atypical attack of sneezing and acute nasal discharge over a 3 or 4 month period, I consulted online medical websites for a possible explanation of my symptoms and found that although many suffered from this mysterious onset of severe and uncontrollable allergy symptoms, there was no cure and no real relief. An issue of the central nervous system, many sufferers had blogged that they had not been medically diagnosed, except as a last resort, after first going through countless allergy tests, pharmaceutical trials and much suffering.

I made the choice to consult with a naturopathic doctor and nutrition certified chiropractor. Within 1 month of following their nutritional recommendations and the temporary introduction of a whole foods supplement, my symptoms began to dissipate and today, none of the previous symptoms exist.

There are more personal examples that I could share today, however I know that there are others who need to be heard. The point of my story is to demonstrate our crucial need today to have free choice and legal access to those who are most qualified and specifically educated in areas of nutrition that help to prevent, control and/or cure many of today's health issues. In my own personal journey, this freedom of choice has not only served to significantly impact my ability to remain healthy, fit, illness-free and pharmaceutical-free but has ultimately saved my family much expense and time. Freedom of health choice is imperative to *true* health care reform.

K.C. Thorson

President

K.C.'s Kafe© - For "fast food" alternatives,*NATURALLY!*

(262) 255-2141 - Res Office

(262) 894-5055 - Cell

<http://www.kcskafe.com>

From: rraboine (rraboine@wi.rr.com)
To: brosen98@yahoo.com
Date: Wednesday, September 16, 2009 10:49:29 PM
Subject: Letter for madison

Im sorry bernie I didnt get this to you sooner or have time to revise more completely. I had a bad recovery day and did not feel up to the task.
I adjusted it a little but my edit head is just not on straight. I toned it down a bit , it will have to do sorry. good luck tomorrow!!!!!!!!!!!!

Dear Legislators

It is my understanding that our state legislator is considering Bill 115.

My freedom to make choices about what is good for my health and that of my family is in jeopardy. Licensing has failed. The only purpose this bill serves is to produce revenue for the State of Wisconsin and a monopoly of incompetent health care advisers. I'm not incapable of selecting nutritional advisers for my family or myself. This bill is not in my best interests. Stay out of it. Respect my freedom to decide and vote no on this bill!

I have many concerns about what this will do to the already declining nutritional value of our food supply, supplements, and access to reasonably priced and unbiased nutritional advisers.

Professional nutritionists and dietitians have done a poor job ensuring our food is balanced, safe and nutritious as evidenced in our school lunch programs, hospitals and nursing homes. The food menus, selections and preparations in these institutions should serve as a reminder of the failure of licensed nutritionists and dietitians to provide unbiased consumer advocacy services strong enough to keep special interest groups, like giant food conglomerates, health care facilities and pharmaceutical companies from influencing, dominating and effectively reducing food quality. The food is so bad in these institutions that the President of the United States, the Health Secretary and Congress all have made comments about its poor food standards and instructed the FDA to clean it up.

It is absurd to even fathom the need to consult a licensed practitioner to determine whether I need vitamin C or additional fiber. The ridiculousness of this concept alone should be enough for the legislature to abandon the consideration of this bill.

I have severe allergies to foods and prescription drugs. Upon my doctors advice I have consulted licensed nutritionists and dietitians from many health care facilities. Their recommendations do not include supplements even though many have been proven to help me and other patients overcome health conditions. The fact that licensed practitioners rarely advises the use of supplements speaks to their bias.

The insanity of what is being proposed with this bill is what I don't need; a more EXPENSIVE, BIASED, CORRUPT WAY of getting the guidance I need to be healthy and ensure good health in the future for my family.

The fact that we/consumers need to supplement to the extent that we do is a statement about the failure of the called licensure dietitians and nutritionists to provide needed advisory services and help in regulating and industry that is only driven by profit and not health. We can't afford to give more power to yet another failing healthcare sector.

As a consumer, I need helpful guidance from unbiased professionals who have first hand experience with supplements and nutrition to guide my way to health. Many of the professionals I consult are unlicensed and they have offered sound advice that has provided great benefit to my health. These knowledgeable professionals have helped me to recover my health when traditional mainstream dietary methods and western medicines have failed.

If our legislature is interested in helping Wisconsin consumers improve their health, the legislature needs to focus on regulatory bills for food producers who provide less than optimal food and drug companies who have replaced curative medication with additives, side effects, profits and propaganda.

Don't take away my ability to make cost and quality health choices for alternative avenues for wellness.

Sincerely

Kathy Raboine

8805 Green Meadow Lane

Greendale WI 53129

414-587-6888

Representative Kathleen Vinehout:

My name is Candice Schreiner and I am a resident of Eau Claire, Wisconsin.
I am asking you **Please say "NO" to SB115** and here's why:

Two years ago I was suffering with Iron Deficient Anemia due to excessive monthly blood loss, which was caused by Uterine Fibroids. My doctor informed me that my options would be to either have the fibroids removed – in which case there is a significant chance they would grow back and a risk of infection; or have a hysterectomy, which would expose me to the risk of infection and side effects such as displaced bowel and bladder – leading to prolapses, incontinence, depression, insomnia, or uncontrollable hormone imbalance (just to name a few). I was at a loss as to what to do, not liking any of these options. By chance I found out about a Nutritionist through a friend at church. She had had similar, but even more severe problems than I did and was healing herself through changes in diet recommended by her nutritionist. I decided to give it a try and if it didn't work, I'd go back to my medical doctor for one of the above-mentioned procedures. I followed the advice of my (non-ADA) nutritionist and not only have I resolved the problems with Uterine Fibroids and Anemia, but surprisingly have also experienced some additional positive side effects. My mind is clearer; I no longer suffer from mucus build-up in the back of my throat and sinuses that I have endured most of my adult life; my skin is healthier; and I have much more energy!

That is my personal story. I have just a few more points to make:

- 1) Cost: Consultations with my (non-ADA) nutritionist over the past year and a half have cost me approx. \$300. Compare that to what my "traditional medical" options would have cost. Just think of all the additional medical expenses I would have incurred with one or more negative side effects!
- 2) Who's really benefiting here?? Look at just a few corporate sponsors included on the list for the American Dietetic Association – CocaCola, Pepsico, Mars, Distilled Spirits Council of the U.S. (attached list) Do we really look at these companies as beacons of a healthy diet??
- 3) Who has been harmed by using non-traditional nutritional advice and council – where are all the victims??

I believe that SB 115 is overreaching. It is not a matter of public health or safety. It is about greed and creates a monopoly on nutritional therapy to the sole benefit of the ADA. By insisting that all state licensees be certified by one association (in this case the American Dietetic Association), the consumer's right to choose (that's your right and my right) is taken away.

Now is the time to enact Health Freedom Legislation in Wisconsin.

Candice Schreiner

9-16-09

2351 Sherman Ck Rd.
Eau Claire, WI 54703

Board

Go Back

ADA Foundation 2007-2008 Donors (dollar amount)

Annual Revenue American Dietetic Association Corporate Sponsors:

Abbott Nutrition (Laboratories): \$31.94 billion

Distilled Spirits Council of the US: \$19 billion

ARAMARK: \$11.33 Billion

Alcoholic beverages

GlaxoSmithKline: \$22.7 billion or \$31.6 Billion

ECOLAB: \$1.44 billion

Pepsico: Sales \$20 billion

McNeil Nutritionals: \$53.3 billion

The Coca Cola Company: \$7.6 billion

Mead Johnson: \$2.1 billion subsidiary of Bristol-Myers \$19.8 billion

Mars, Incorporated: \$21 billion

General Foods: \$13.7 billion

Colgate Palmolive: \$15.3 billion

sugar-sweetened cereals

Complete list of sponsors:

http://www.adaf.org/cps/rde/xchg/adaf/hp.xsl/adaf_home_8521_ENU_HTML.htm

Wisconsin Health Freedom Coalition

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Information contained herein deemed to be reliable, but not guaranteed

http://www.wihfc.com/WDA_Sponsors.htm

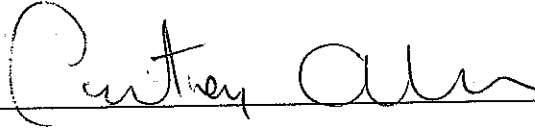
9/16/2009

Waiver

Due to the extenuating circumstances, we ask for your permission to use your health testimonial for the purpose of protecting your right to seek natural health care. Your signature gives us permission to possibly present your testimonial during the upcoming hearing on SB 115 in Madison on September 17th.

I authorize Total Health Natural Medicine Clinic (THNMC) to present my Success/Improvement Report during the hearing on SB 115 in Madison on September 17th.

Signature: _____



Witness: _____

Date: _____

9/15/09

If it is impossible for you to come in and provide us with a signature, we would be able to accept a verbal consent via telephone or receive an e-mail giving us permission to present your testimonial during the hearing on SB 115 in Madison on September 17th. Please e-mail your testimonial to:

kristine@totalhealthinc.com. Or if this is a verbal consent, please note below.

Name of Client: _____

Date of Verbal Consent: _____

Name of Clinical Staff Member that Accepted Verbal

Consent: _____

IMPROVEMENT REPORT

Regarding your improvement:

1. What was it like before you came to see us?

Before I saw Marty, I was diagnosed with ~~severe~~ Asthma, Acid Reflux, & Stress Related Issues.

2. How is it now?

Now my Asthma is under Control, I have no symptoms with Acid Reflux, My stress level is normal. I have recommended Marty to at least 10-15 of my friends & families. I was even encouraged by my physician to ~~continue~~ continue to see Marty while he's monitoring my health progress.

Name: Countney Allen

Date: 9/15/09

This information is for our files only. If you wish to help us educate others about our services, please sign below.

I authorize Total Health Natural Medicine Clinic (THNMC) to utilize my Success/Improvement Report in the following manner:

☒ Testimonial Book that remains in our office at all times.

☐ Any promotional mailing by THNMC to help THNMC make its services broadly known.

Sign: Countney Allen

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Signature: Sharon J Gaskowder
Witness: Judi Fiske
Date: 09-15-2009

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Name of Client: _____

Date of Verbal Consent: _____

Name of Clinical Staff Member that Accepted Verbal
Consent: _____

IMPROVEMENT REPORT

Regarding your improvement:

1. What was it like before you came to see us?

Very fatigued with general malaise. Post op from
Mitral valve replacement and other surgery

2. How is it now?

I am feeling full of energy, no aches & pains, enjoying
good health

Name: Sharon Jaskowiak

Date: 9/15/2009

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Sign:

Sharon Jaskowiak

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I authorize Total Health Natural Medicine Clinic (THNMC) to present my Success/Improvement Report during the hearing on SB 115 in Madison on September 17th.

Signature: Bonnie Hagen
Witness: K. Stein
Date: 9-15-09

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kristine@totalhealthinc.com. Or if this is a verbal consent, please note below.

Name of Client: _____

Date of Verbal Consent: _____

Name of Clinical Staff Member that Accepted Verbal
Consent: _____

IMPROVEMENT REPORT

Regarding your improvement:

1. What was it like before you came to see us?

Being from doctors, spending lots of money,
and expensive tests and getting nowhere!

I have had emotional problems for a long
time and I really need someone to spend time
with me and try to get to the bottom of my
problems and Dr. Marty always had time for
me and would always return my calls.

2. How is it now?

Some improvements, I really need to understand
my emotional issues and learn how to calm
down and deal with the stresses of life.
Dr. Marty was always understanding and
very patient and considerate.

I also like the fact that I'm able to
choose for myself what I want to do,
what alternate health care I want to try!

Name: Bonnie Hagen

Date: _____

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please sign below.

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Report in the following manner:

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☒ Any promotional mailing by THNMC to help THNMC make its services broadly known.

Sign: Bonnie Hagen

Improvement Report

Regarding your improvement

1. What was it like before you came in to see us?

I was tired and irritable much of the time. I had no energy to exercise and little energy to perform everyday household tasks. Felt as if I needed caffeine in the afternoon to get me through the rest of the day.

How is it now?

I seem to have unlimited energy! Sometimes I can't believe how much I've accomplished in one day. I rarely feel the need to sit down. I am so much happier and I feel great! Thanks everyone at Total Health!

This information is for our files and to help us educate others about what we do.

Name Ann McCormick Date 8-5-09

I authorize Total Health Natural Medicine Clinic (THNMC) to utilize my success/improvement report in the following manner:

- Success story book that remains in our office at all times.
- Any promotional material done by THNMC to help THNMC make it's service broadly known.

Sign

Ann McCormick

Witness

From: McCormick <knamac@att.net>
To: kristine@totalhealthinc.com
Date: 09/14/2009 03:53 PM
Subject: authorization/hearing

I authorize the use of my testimonial by Total Health at any hearing concerning SB115.

Ann McCormick
3915 S. Cavendish Rd.
New Berlin, WI 53151
262-827-9167

x

Waiver

Due to the extenuating circumstances, we ask for your permission to use your health testimonial for the purpose of protecting your right to seek natural health care. Your signature gives us permission to possibly present your testimonial during the upcoming hearing on SB 115 in Madison on September 17th.

I authorize Total Health Natural Medicine Clinic (THNMC) to present my Success/Improvement Report during the hearing on SB 115 in Madison on September 17th.

Signature: Daniel S. Soderquist
Witness: Michael M. Bell
Date: 9/11/09

If it is impossible for you to come in and provide us with a signature, we would be able to accept a verbal consent via telephone or receive an e-mail giving us permission to present your testimonial during the hearing on SB 115 in Madison on September 17th. If this is the case, please note below.

Name of Client: _____

Date of Verbal Consent: _____

Name of Clinical Staff Member that Accepted Verbal
Consent: _____

IMPROVEMENT REPORT

Regarding your improvement:

1. What was it like before you came to see us?

- Trouble Concentrating
- Lack of mental clarity
- Extreme Fatigue
- Emotions like depression w/ ^{logical} justification of life events / triggers

2. How is it now?

- Energetic
- Complete mental clarity
- Emotional stability
- Positive Outlook

Name: Darlene Soderquist

Date: 9-11-09

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Sign: Darlene S. Soderquist

Waiver

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I authorize Total Health Natural Medicine Clinic (THNMC) to present my Success/Improvement Report during the hearing on SB 115 in Madison on September 17th.

Signature: Darlene Collins
Witness: Judi Fene
Date: 9-16-09

If it is impossible for you to come in and provide us with a signature, we would be able to accept a verbal consent via telephone or receive an e-mail giving us permission to present your testimonial during the hearing on SB 115 in Madison on September 17th. Please e-mail your testimonial to:
kristine@totalhealthinc.com. Or if this is a verbal consent, please note below.

Name of Client: _____

Date of Verbal Consent: _____

Name of Clinical Staff Member that Accepted Verbal
Consent: _____

9-16-09

I've been seeing Marty since the end of Feb. 2009. He's helped me tremendously with my health issues. I have no more bloating, fatigue, brain fog, constipation & my digestive system is back to functioning like it should.

I've felt the best I ever felt in years! I will be 57 next week and I feel 20 yrs. younger. I've been to doctors etc. with these health issues I've been having for years & nothing ever seem to really help until I was referred to Marty, & that's when I finally got results. Good supplements that are individualize for your health problems. I prefer taking these supplements to prescription drugs with side effects.

I'm sure you, yourself or any of your family members & loved ones would take this route to be healed, than prescription drugs with side effects. There should be more doctors getting into this prescribing food supplements & testing for each individual needs of health issues, instead of being treated like a cookie cutter type. They too could benefit from this all. It would be a happy, healthier world.

Sincerely,

Barbara Collings

Waiver

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Signature: Sandra L. Dwyer
Witness: Manda J. Joffe
Date: 9-15-09

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Name of Client: _____

Date of Verbal Consent: _____

Name of Clinical Staff Member that Accepted Verbal
Consent: _____

IMPROVEMENT REPORT

Regarding your improvement:

1. What was it like before you came to see us?

Very tired & was unaware of what was causing me to feel this way in spite of all of supplements I was taking.

2. How is it now?

Because of the thoroughness of testing the "why" I ~~was~~ have so much more energy because I am taking the supplements I need & in the correct amounts I should be taking. All of this - feeling great & healthy & not worrying about hormones & rest of organs in my body could not be achieved with chemicals.

Name: Sandra Danko

Date: 9-15-09

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Sign: Sandra L. Danko

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Signature: DeWay Graham
Witness: Judi Fene
Date: Sept. 15/09

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Name of Client: _____

Date of Verbal Consent: _____

Name of Clinical Staff Member that Accepted Verbal
Consent: _____

IMPROVEMENT REPORT

Regarding your improvement:

1. What was it like before you came to see us?

Before I came to Total Health, my body was very taxed and exhausted. My adrenal & thyroid glands ~~had~~ were exhausted as well as other areas of my body. I had trouble with ache and my digestion struggled. My muscle mass had decreased as well.

2. How is it now?

Since coming to Total Health, I have seen significant improvement in the strength of vital organs. My adrenal glands & thyroid now show perfect 10 strength when tested, rather than @ the 0 ~~low~~ level strength they showed when tested 2 months ago. My muscle mass has increased and so has my energy. Thank you, Total Health I finally have found some answers after trying several other medical routes.

Name: Denay Graham

Date: Sept. 15, 09

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Sign: Denay Graham

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I authorize Total Health Natural Medicine Clinic (THNMC) to present my Success/Improvement Report during the hearing on SB 115 in Madison on September 17th.

Signature: Christine A. Frees

Witness: _____

Date: 9-12-09

If it is impossible for you to come in and provide us with a signature, we would be able to accept a verbal consent via telephone or receive an e-mail giving us permission to present your testimonial during the hearing on SB 115 in Madison on September 17th. If this is the case, please note below.

Name of Client: _____

Date of Verbal Consent: _____

Name of Clinical Staff Member that Accepted Verbal

Consent: _____

IMPROVEMENT REPORT

Regarding your improvement:

1. What was it like before you came to see us?

I was exhausted all the time. I had night sweats so severe I had to sleep on a Turkish towel and change the towel & pajamas 2-3 times a night. I was weak, nervous and felt like I was going to die - had no energy and was "fuzzy" headed. I had headaches frequently.

2. How is it now?

I feel at least 60-75% better (in just 3 weeks). I have more energy and am almost free of night sweats. My head feels clearer and I can think clearer. I get no headaches and I feel better in general.

Name: C. J.

Date: 8-24-09

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Sign: _____

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I authorize Total Health Natural Medicine Clinic (THNMC) to present my Success/Improvement Report during the hearing on SB 115 in Madison on September 17th.

Signature: Virginia Zimmerman
Witness: 9-16-09 Judi Fene
Date: 9-16-09

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kristine@totalhealthinc.com. Or if this is a verbal consent, please note below.

Name of Client: _____

Date of Verbal Consent: _____

Name of Clinical Staff Member that Accepted Verbal
Consent: _____

I am so glad I found Total Health
I have a heart problem & it skipped
beats, and I felt tired all the time.
Had trouble walking and became short
of breath. After 1 month of supplements I
had no more skipping beats. Can
walk much better. Can do all my own
work in our home and do not become
tired. At 84 I thank Total Health Care

Virginia Zimmerman

Waiver

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Signature: _____

Witness: _____

Date: _____

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kristine@totalhealthinc.com. Or if this is a verbal consent, please note below.

Name of Client: Marliss Steiner

Date of Verbal Consent: 9/15/03

Name of Clinical Staff Member that Accepted Verbal
Consent: Judi Furst / KS - K. Stein

IMPROVEMENT REPORT

Regarding your improvement:

1. What was it like before you came to see us?

Our grandson had addictions to prescription drugs for 6 years. He tried to kick the habit on his own, but could not. A clinic had him attend the 12 step program & prescribed Suboxone, but soon was addicted to this drug that was to help him. He felt ashamed, had chest pains, could not concentrate, anxiety, insomnia, short memory & the list went on & on. Out of state holistic doctors were recommended with thousands of dollars in cost & the loss of his job. After an overdose, our chiropractor recommended Dr. Johnson at Total Health Clinic in Menomonee Falls, WI.

2. How is it now?

We could see the healing process after 1 1/2 weeks! His body is still in repair state, but the withdrawal symptoms have been eliminated, eating habits improved 100% & no longer needs up to 5 cans of soda & a ton of sugar! Back, leg & chest pains are gone & concentration is better. This treatment saved his life & we would recommend this natural approach to anyone who has an addiction to opiates (prescription drugs). Best of all it is right in our own community! There should be clinics such as this for people who want help without more prescription drugs to get addicted to! ~~Please~~
~~Name~~: Remember --- The next opiate pill ~~will~~ could be your last!!
NAME: Grandparents who care - Phone # Available upon request Date: 9-10-09
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God Bless you DR. Marty Johnson for All your help
Sign: Mr. & Mrs. Ken Steiner

Waiver

Due to the extenuating circumstances, we ask for your permission to use your health testimonial for the purpose of protecting your right to seek natural health care. Your signature gives us permission to possibly present your testimonial during the upcoming hearing on SB 115 in Madison on September 17th.

I authorize Total Health Natural Medicine Clinic (THNMC) to present my Success/Improvement Report during the hearing on SB 115 in Madison on September 17th.

Signature: PR Martin
Witness: Judi Fene
Date: 9-15-09

If it is impossible for you to come in and provide us with a signature, we would be able to accept a verbal consent via telephone or receive an e-mail giving us permission to present your testimonial during the hearing on SB 115 in Madison on September 17th. Please e-mail your testimonial to: kristine@totalhealthinc.com. Or if this is a verbal consent, please note below.

Name of Client: _____

Date of Verbal Consent: _____

Name of Clinical Staff Member that Accepted Verbal
Consent: _____

IMPROVEMENT REPORT

Regarding your improvement:

1. What was it like before you came to see us?

I was chronically sick with infections (upper respiratory), stomach discomfort, very low energy and ability to focus. My quality of life was greatly diminished.

I spent years and thousands of dollars searching for the cause in the traditional medical model. That system failed to assist me, they all failed to identify the cause or the cure.

2. How is it now?

Dr. Marty Johnson has been a tremendous source of health and education. His work has dramatically improved my overall well being.

Dr. Marty quickly identified the cause and guided me thru nutritional education and supplements to better overall health.

I am extremely grateful for the skill and ability Dr. Marty shares with his patients.

Name: Patty Martin

Date: 9-15-09

This information is for our files only. If you wish to help us educate others about our services, please sign below.

I authorize Total Health Natural Medicine Clinic (THNMC) to utilize my Success/Improvement Report in the following manner:

☒ Testimonial Book that remains in our office at all times.

☒ Any promotional mailing by THNMC to help THNMC make its services broadly known.

Sign: Patty Martin

Waiver

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Signature: _____

Witness: _____

Date: _____

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kristine@totalhealthinc.com. Or if this is a verbal consent, please note below.

Name of Client: _____

Date of Verbal Consent: _____

Name of Clinical Staff Member that Accepted Verbal
Consent: _____

IMPROVEMENT REPORT

Regarding your improvement:

1. What was it like before you came to see us?

I was going thru a depression and very low on energy
Since coming to Total Health Clinic I have been helped
with my health in great measure & have increased energy
and by taking natural food supplements, the organs in my
body are functioning much better and the quality of my
life has improved greatly

2. How is it now?

I feel much better now than before!
Thanks to natural nutrition!
Thanks to the gentle care I received thru
this clinic!
I am 73 years old & still going strong!
Thanks to the Lord and this health
clinic!

Name: Jean Staples

Date: 9.14.09

This information is for our files only. If you wish to help us educate others about our services, please sign below.

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Sign: Jean Staples

Waiver

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I authorize Total Health Natural Medicine Clinic (THNMC) to present my Success/Improvement Report during the hearing on SB 115 in Madison on September 17th.

Signature: Christopher L Sodders
Witness: L. Sten
Date: 9-15-09

If it is impossible for you to come in and provide us with a signature, we would be able to accept a verbal consent via telephone or receive an e-mail giving us permission to present your testimonial during the hearing on SB 115 in Madison on September 17th. Please e-mail your testimonial to:
kristine@totalhealthinc.com. Or if this is a verbal consent, please note below.

Name of Client: _____

Date of Verbal Consent: _____

Name of Clinical Staff Member that Accepted Verbal
Consent: _____

IMPROVEMENT REPORT

Regarding your improvement:

1. What was it like before you came to see us?

I had headaches, Really High Blood Pressure, Depression, Back Pain, Thyroid Problems, & Digestive Problems, Heart palpitations.

2. How is it now?

I feel great. The Depression is completely gone. My Thyroid is almost healed. The Blood Pressure came down 50 points. Back & headaches are minimal & Digestive Problems are solved to a point that I can digest my food properly; no more Heart palpitations.

Name: Chris Soddex

Date: 15 Sept 09

This information is for our files only. If you wish to help us educate others about our services, please sign below.

I authorize Total Health Natural Medicine Clinic (THNMC) to utilize my Success/Improvement Report in the following manner:

☐ Testimonial Book that remains in our office at all times.

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Sign: Christopher L Soddex

Waiver

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I authorize Total Health Natural Medicine Clinic (THNMC) to present my Success/Improvement Report during the hearing on SB 115 in Madison on September 17th.

Signature: Sandra Halverson
Witness: Judi Jure
Date: 9-16-09

If it is impossible for you to come in and provide us with a signature, we would be able to accept a verbal consent via telephone or receive an e-mail giving us permission to present your testimonial during the hearing on SB 115 in Madison on September 17th. Please e-mail your testimonial to:

kristine@totalhealthinc.com. Or if this is a verbal consent, please note below.

Name of Client: _____

Date of Verbal Consent: _____

Name of Clinical Staff Member that Accepted Verbal

Consent: _____

Improvement Report

Regarding your improvement

1. What was it like before you came in to see us?

Before I came to see Dr. Johnson I was miserable. I was stuffy and congested had shortness of breath, my eyes burned and itched, I was tired all the time. I felt my allergies were getting worse. I was also bloated, constipated, headaches, muscle aches and stiffness. I ate wrong and had too much sugar.

How is it now?

Dr. Johnson helped me with new eating habits and supplements. I felt so much better. In two weeks I could breathe better, my eyes felt 100% better. I was not bloated and constipated. No muscle aches and stiffness.

Dr. Johnson helped me improve my health and feel so much better.

This information is for our files and to help us educate others about what we do.

Name Sandie Halverson Date 9-14-09

I authorize Total Health Natural Medicine Clinic (THNMC) to utilize my success/improvement report in the following manner:

- Success story book that remains in our office at all times.
- Any promotional material done by THNMC to help THNMC make it's service broadly known.

Sign Sandie Halverson

Witness Judi Fene

Waiver

Due to the extenuating circumstances, we ask for your permission to use your health testimonial for the purpose of protecting your right to seek natural health care. Your signature gives us permission to possibly present your testimonial during the upcoming hearing on SB 115 in Madison on September 17th.

I authorize Total Health Natural Medicine Clinic (THNMC) to present my Success/Improvement Report during the hearing on SB 115 in Madison on September 17th.

Signature: _____

Witness: _____

Date: _____

If it is impossible for you to come in and provide us with a signature, we would be able to accept a verbal consent via telephone or receive an e-mail giving us permission to present your testimonial during the hearing on SB 115 in Madison on September 17th. Please e-mail your testimonial to: kristine@totalhealthinc.com. Or if this is a verbal consent, please note below.

Name of Client: Nancy Skwaup

Date of Verbal Consent: 9/15/09

Name of Clinical Staff Member that Accepted Verbal

Consent: NIKI BELL, MANDA JOHANSON

Improvement Report

Regarding your improvement

1. What was it like before you came in to see us?

I had hives on my face and lips everyday. I was taking Benadril and sleeping all the time from the medication. My allergist could only suggest the Benadril and avoiding certain foods. I continued to have hives daily. My digestion has been a problem for 20 years. I had horrible pains from gas daily. I took so much aspirin to control the pain that I started bleeding in my stool. I had a colonoscopy that revealed my colon was normal and that I had irritable bowel syndrome. The doctor offered some diet advice - it didn't help much. I continued to have gas and pain.

How is it now?

My hives are under control with the wonderful standard process products that Dr. Marty recommended. My digestion is the best that it has been in 20 years. I rarely have gas or pain now. Dr. Marty has really helped me with my poor digestion. The supplements and diet he put me on have helped my digestion so much.

This information is for our files and to help us educate others about what we do.

Name Nancy Shueck Date 4-10-09

I authorize Total Health Natural Medicine Clinic (THNMC) to utilize my success/improvement report in the following manner:

- Success story book that remains in our office at all times.
- Any promotional material done by THNMC to help THNMC make it's service broadly known.

Sign Nancy Shueck

Witness _____

From: eileenk <eileenk0038@sbcglobal.net>
To: Kristine@totalhealthinc.com
Date: 09/14/2009 12:44 PM
Subject: authorization to use my success story

I, Eileen Koeferl, authorize Total Health Natural Medicine Clinic to present my success improvement report during the hearing SB115 in Madison, WI. on September 17, 2009.

Sincerely,

Eileen Koeferl
602 Shepherds drive, Unit 2
West Bend WI. 53090
262-334-7483

IMPROVEMENT REPORT

Regarding your improvement:

1. What was it like before you came to see us?

From age 28 until 58, I had been sick & miserable. My stomach bloated all the time like a woman who was 9 months pregnant. I felt ill on everything I ate, and was totally constipated. I had back pain all over. Some days I laid all day on a heating pad. I had seen several doctors over the years - they treated symptoms only.

2. How is it now?

I came to Total Health in July 09, Marty Johnson found several food allergies. Within two days I was off of all stomach medication & could eat once again. My constipation was gone, and my back pain disappeared within a week. Because of his help, I am happier & feel younger than I have in years! Thank you, Marty & all the help at Total Health!

Name: Eileen Keefe

Date: 8-25-09

This information is for our files only. If you wish to help us educate others about our services, please sign below.

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☒ Testimonial Book that remains in our office at all times.

☒ Any promotional mailing by THNMC to help THNMC make its services broadly known.

Sign: Eileen Keefe

Waiver

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I authorize Total Health Natural Medicine Clinic (THNMC) to present my Success/Improvement Report during the hearing on SB 115 in Madison on September 17th.

Signature: Lorri Schmidt
Witness: Judi Fieri
Date: 9-15-09

If it is impossible for you to come in and provide us with a signature, we would be able to accept a verbal consent via telephone or receive an e-mail giving us permission to present your testimonial during the hearing on SB 115 in Madison on September 17th. Please e-mail your testimonial to:
kristine@totalhealthinc.com. Or if this is a verbal consent, please note below.

Name of Client: _____

Date of Verbal Consent: _____

Name of Clinical Staff Member that Accepted Verbal
Consent: _____

Improvement Report

Regarding your improvement:

1. What was it like before you came in to see us?

I was struggling with my digestion (constipation) (hemorrhoids) and (bloating). Another issue that I wanted to change was an increased feeling of my thyroid. A blood test that my doctor came showed us abnormally but I could feel that my thyroid gland didn't feel normal.

How is it now?

I feel very good. My digestion has increased tremendously, and I know now that I shouldn't eat wheat products! The bloating is gone 100%. Bowel movements have increased and I have lost 5 pounds. My thyroid feels normal and my family who didn't see me in 1 year said that I looked better and healthier. I feel much better!

This information is for our files and to help us educate others about what we do.

Name Leonore Schmidt Date 9-14-09

I authorize Total Health Natural Medicine Clinic (THNMC) to utilize my success/improvement report in the following manner:

- Success story book that remains in our office at all times.
- Any promotional material done by THNMC to help THNMC make it's service broadly known.

Sign Leonore Schmidt

Witness _____

From: LYNN KING <lynnking1256@sbcglobal.net>
To: kristine@totalhealthinc.com
Date: 09/13/2009 07:03 PM
Subject: Fw: letter for madison- your gunna have to cut and copy to a doc to print it

--- On **Sun, 9/13/09, LYNN KING <lynnking1256@sbcglobal.net>** wrote:

From: LYNN KING <lynnking1256@sbcglobal.net>
Subject: Fw: letter for madison- your gunna have to cut and copy to a doc to print it
To: kristine@totalhealth.com
Date: Sunday, September 13, 2009, 5:27 PM

--- On **Sat, 9/12/09, nicole robson <tykado123@sbcglobal.net>** wrote:

From: nicole robson <tykado123@sbcglobal.net>
Subject: letter for madison- your gunna have to cut and copy to a doc to print it
To: "mom lynn" <lynnking1256@sbcglobal.net>
Date: Saturday, September 12, 2009, 12:26 PM

Ladies and gentleman,
I am writing to express grave concern over the tragic paths America is taking. We continuously chip away at our freedoms and our constitutional rights. We the people have the right to life, liberty, and the pursuit of happiness! So why if we as people take the liberty to enhance our life by using natural approaches to health and these approaches make us happy, why does congress feel it is there job or even in their jurisdiction to make negligent laws against such personal freedoms? Ten percent of every dollar spent in America is spent on health care and yet we are one of the sickest nations in the world! So how is making traditional approaches our only option helping anyone? The Standard American Diet is the leading cause of degenerative disease it's no surprise its term for short spells the word SAD. It is sad that a mere 1/3 of every medical education class taught in this country speaks on nutrition. When this is the very source of the majority of our health issues this nation is facing today! Doctors across this nation take a Hippocratic Oath to "first do no harm," how I wish congress would do the same. The very core of the healthcare agenda is corrupt. It is filled with propaganda, greed, and control! If there are no sick people the largest money making scheme in history would be bankrupt. I most certainly feel that doctors serve a purpose, however when it comes to nutritional approaches and overall health and vitality it is my choice, it is my right as

an American citizen to choose homeopathic approaches over western
medicinal practices!
With all due respect,
Nicole Robson

TESTIMONIAL
Improvement Report
9/13/2009

I have been seeing Martin Johnson, Naturopathic Practitioner, on a regular basis since February 2009. Following is a description of symptoms I was experiencing along with steps I took to find out the cause behind the symptoms. Since seeing Martin Johnson as part of my health care, I have made remarkable improvement and would be devastated if my choice to see a Naturopathic Practitioner was taken away from me.

Symptoms that worsened over a 3-year period prior to seeing Martin Johnson:

- Numbness in my head, neck and left arm especially after laying down
- Difficulty sleeping
- Cramping in my left leg and both feet/toes
- Extreme pain in neck and shoulders that actually worsened during the day to a point that made it sometimes difficult to hold my head up.
- Extreme fatigue that eventually made it difficult for me to attend my children's events at night.
- Pain in my joints that felt like bone rubbing on bone in my hips. I couldn't dance anymore without a lot of pain. It was difficult getting up in the morning and just walking to the bathroom. I would have to stretch and do exercises in bed just to relieve some pain before standing in the morning. I eventually got rid of my heeled shoes because the balls of my feet were in pain when I stood in them.
- Continual weight gain. Eventually grew 3-4 sizes larger no matter how little I would eat, how well I would eat or how much I exercised when I could tolerate it.

I had been explaining my symptoms to my gynecologist thinking that I was heading into menopause a little sooner than expected. By the third year, she found an enlarged thyroid and I finally felt that there would be some answers. I then went to an endocrinologist. He did an ultrasound and confirmed the enlarged thyroid, but my blood tests indicated that my body was compensating for it since the results fell within a normal range. He told me that this happens to many women and that I shouldn't worry. Then he stated that within 5 years I would probably get worse and they could do something then.

I then went to a general practitioner that ran 9-10 blood tests for several different autoimmune diseases. All results came back within normal ranges except for the rheumatoid. That was twice the norm. However, I was told that the score was not high enough and a rheumatologist wouldn't want to see me.

I felt like I was 80 years old and my real age was 44. I couldn't imagine how I'd feel in 5 years. I was to be either diagnosed with depression or fibromyalgia. I knew I wasn't depressed. I was referred to Martin Johnson at Total Health Natural Medicine Clinic. I had already changed my diet for the past 10 years to a vegetarian diet and I felt I was eating very healthy. I didn't think that I could eat much healthier, but with no answers from the blood tests I had taken, I decided I had nothing to lose in trying the clinic.

Improvements since February 2009

After my initial visit to Total Health Natural Medicine Clinic, it was found that I was sensitive to wheat, soy, and eggs. Because I was a vegetarian, I was mostly eating these foods in my diet everyday. This may have seemed like a healthy way of eating, but it wasn't right for my body. Once I changed my eating habits, reduced the sugar in my diet, and began taking daily supplements needed for my body, I improved rapidly. Within 3-4 months, the following improvements were seen:

- Loss of 10+ pounds and less bloated feeling.
- No pain in any of my joints. I'm tap dancing again and exercising with no pain. I even wear heels more often.
- Increased energy levels. I can go to evening events and meetings again without extreme fatigue.
- No numbness or cramping of any kind.
- No pain in my neck or shoulders. I can hold my head up all day and night with no pain.
- I sleep through the night.
- My gynecologist still detected the large thyroid, but my blood work remains within normal limits.
- I am back to my average size and feel my age.

I truly believe that without Martin Johnson's help, my health would have rapidly deteriorated. My fear was that within 5 years, the doctors would have discovered more and told me that I was too far along to help me.

I feel empowered that I had a choice in my healthcare and that I could be proactive in helping myself. I am very grateful to the work of Martin Johnson and his team at Total Health Natural Medicine Clinic. I have my health back which has given me my life back.

I want to continue to have the choice of working closely with both my natural practitioner and my medical doctors in order to proactively maintain my good health. I ask that our State Representatives would vote to allow me and other citizens to continue to have choices in our healthcare that would include natural practitioners.

Respectfully Submitted,


Connie Hurley-Pronley

From: Mike & Bonnie Kerber <mkerber@wi.rr.com>
To: kristine@totalhealthinc.com
Date: 09/16/2009 06:52 PM
Subject: Kerber

September 12, 2009

To Whom it may concern:

Total Health Natural Medicine Clinic and it's Associates, located in Menomonee Falls, Wisconsin may read and use this letter as they see fit.

I have two children who have benefited greatly from having a doctor in naturopathic medicine help them with the proper diet and supplements. My children both have food sensitivities and or food allergies.

My first child age 11, is extremely sensitive to all high glycemic index foods, including grains and dairy products. She has had physical stomach pains that were so severe that she could not sleep much. It disrupted her life miserably including missing school and participating in evening events. She suffered for about ten years before we were able to find the right foods and supplements to bring her relief. Fortunately, we have found solutions through naturopathic methods and my daughter has been pain free without any hospital visits in over a year.

My second child age 6, has similar problems to food, only his problems are immediate life threatening food allergies, that send his body gasping for air. He also had seizures, ear infections and a weak immune system. Since seeing our naturopathic doctor he has been free of life threatening food allergies, seizures and ear infections. His immune system has improved and his developmental delays are also greatly improving. He was a child who could not crawl, sit up on his own, or drink from a bottle at the age of one. His muscle tone is much stronger now and he is able to eat, drink, run and swing on his own. He too has been hospital free for over a year.

One of several supplements that both my children use is calcium. Seeing both children cannot have dairy, they would suffer greatly if their calcium supplement was removed from their diet. Their little bodies need calcium for many reasons including bone and teeth health. They could also suffer from lack of growth too.

For the sake of the children, please allow them to receive the care and necessary supplements their bodies need to grow and function into normal adults.

Thank you for your time and consideration.

Sincerely,

Bonnie Kerber

Clinton & McCain: Happy Returns

But Will the South Be So Kind?

U.S. News & WORLD REPORT

JANUARY 21, 2008

Alternative Medicine Goes Mainstream

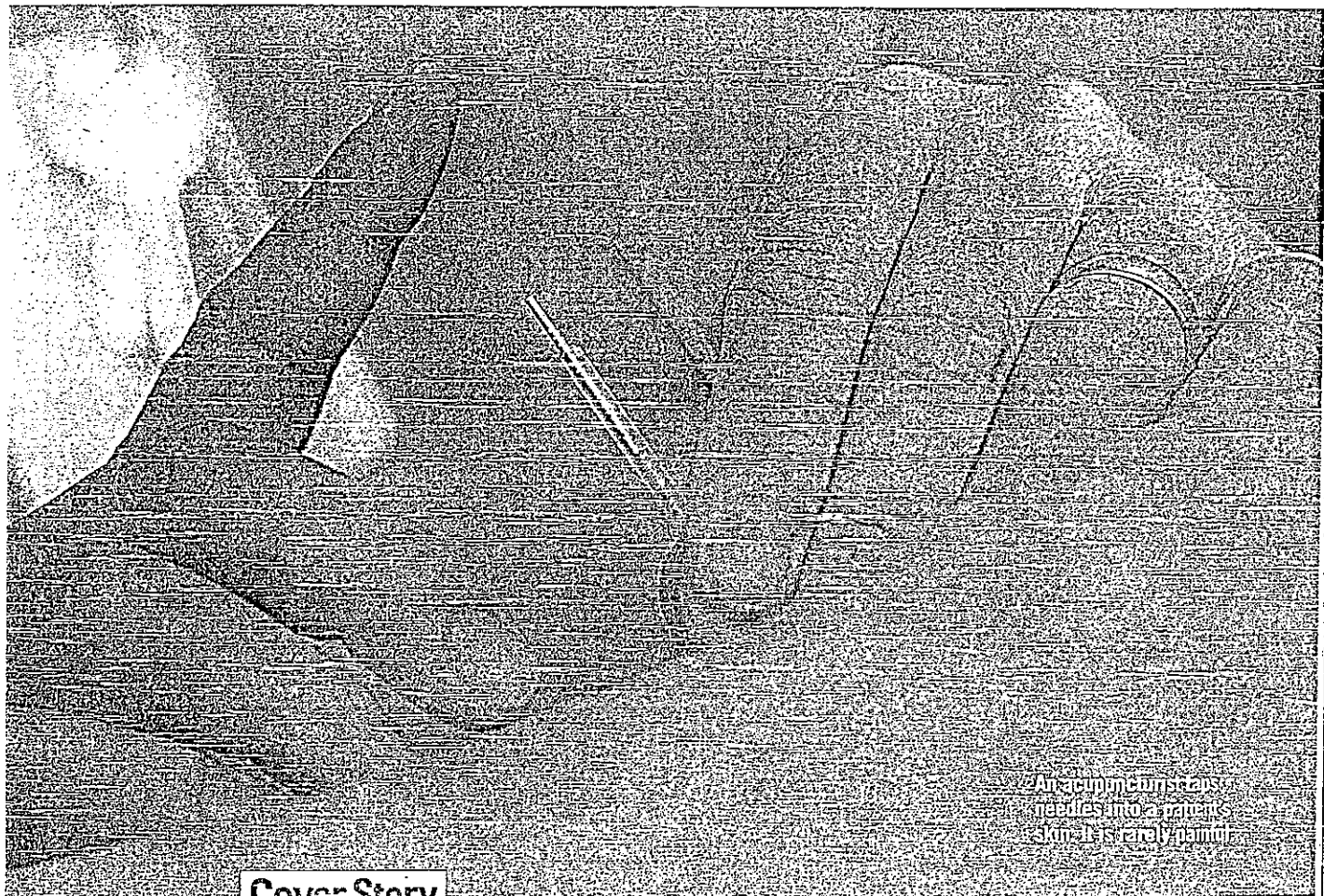
Top hospitals are now embracing such unconventional techniques as acupuncture, homeopathy, and energy healing.

Do they really work?
What patients need to know

\$4.99 U.S. / \$5.99 CANADA



www.usnews.com



2 Acupuncture needles are inserted into a patient's skin. It's rarely painful.

Cover Story

Embracing Alternative Care

TOP HOSPITALS PUT UNORTHODOX THERAPIES INTO PRACTICE

By Avery Comarow

To be blunt, if my wife and I didn't think it was helping him, we wouldn't have continued with it," says Dan Polley. He's talking about Mikey, the Polleys' 2½-year-old in the next room, who was diagnosed with acute lymphocytic leukemia when he was 6 months old. Chemotherapy, radiation, and a bone marrow transplant have been crucial elements of Mikey's treatment. But the "it" his father speaks of is nothing like these aggressive, costly, and heav-

ily researched exemplars of western care—it is a kind of touch therapy, from the camp of alternative medicine. Gentle and benign, "healing touch" is intended to rebalance the energy field that its practitioners believe surrounds the body and flows through it along defined pathways, affecting health when disrupted. Several times a week, therapist Lynne Morrison spends 20 minutes unblocking and smoothing Mikey's energy field, which energy healers like Morrison say they can feel and correct.

Before a recent session, Mikey was grouchy, drawing up his legs and issuing periodic yowls. His stomach hurt, said his father. But as the little boy



JON LOWENSTEIN—AURORA FOR USNEWS

GENTLE TOUCH—Jan Polley's 2 1/2-year-old son, Mikey, is in a study to see if touch therapy can make transplanted bone marrow stem cells "take" sooner.

nestled in his father's arms and Morrison moved her hands around his body, lightly resting them here and then there, his tenseness loosened and he quieted for a few minutes at a time. The Polleys believe that the therapy not only calms their son but is aiding his return to health.

The setting for the unorthodox therapy—an academic medical center—would have been startling just five or 10 years ago. Morrison is on the staff of Children's Memorial Hospital in Chicago, a hard-nosed, tough-cases, research-oriented emblem of western medicine. It perennially ranks among America's premier hospitals and is the principal pediatric teaching hospital for Northwestern University's Feinberg School of Medicine. And Mikey is only one of many children there receiving care that not long ago was called alternative medicine. Now it is more often called CAM, for complementary and alternative medicine, or integrative medicine, to avoid the loaded "alternative." The message the new labels are meant to convey is that the thera-

pies more often go hand in hand with traditional medicine than substitute for it.

Children's Memorial is just one of many academic hospitals where unconventional therapies have found a home. Elite centers like the Mayo Clinic, Duke University Medical Center, and the University of California-San Francisco now offer acupuncture, massage, and other CAM services. All 18 hospitals on *U.S. News's* most recent "America's Best Hospitals" superselective Honor Roll provide CAM of some type. Fifteen

of the 18 also belong to the three-year-old Consortium of Academic Health Centers for Integrative Medicine, 36 U.S. teaching hospitals pushing to blend CAM with traditional care.

Thicket of therapies. Each center has its own notion of CAM and how best to fit it into the medical mix, which can be challenging. "There is rarely a consensus among CAM experts on the optimal product, dose, or intended users," states a report from the National Center for Complementary and Alternative Medicine, an arm of the National Institutes of Health charged with doling out research funds and tidying the thicket of therapies deemed to fall within CAM's broad reach.

At one extreme are found techniques such as yoga and massage, acknowledged by the most hard-line skeptics to have some benefit, if only to lower stress and anxiety. At the other are therapies that even many who applaud CAM's newfound academic popularity call "woo-woo medicine" because of the sheer implausibility of their rationale. Homeopathy (box, Page 38), which involves remedies often lacking a single molecule of active substance, is the poster

TOUCH THERAPY

WHAT IS IT? An "energy therapy" that is said to rebalance the body's *qi*, or energy flow, to relieve stress and discomfort. The practitioner moves her hands around or on the patient's body to evaluate his energy field and then smooths out imbalances with further hand motions ("healing touch"), or actual touching ("therapeutic touch"). **SUPPORTERS SAY:** Touch therapy has an undisputed healing role. In a 2003 study, for example, healing touch lowered pain, blood pressure, fatigue, and

emotional problems in cancer patients getting chemotherapy. **CRITICS SAY:** Benefits may be attributable to the effects of relaxation, and the basic premise is dubious. In an experiment described in 1998 in the *Journal of the American Medical Association*, 21 practitioners failed a test to see if they could consistently detect the energy field of an investigator's hand positioned over one of their own. **RISKS:** Minimal—a few reports of headaches, crying, anxiety, dizziness, and nausea.

Cover Story: Alternative Medicine

child; some would add energy therapies such as healing touch. The broad middle takes in acupuncture, herbal medicine, and other CAM approaches that seem to benefit some people with certain conditions.

Until the mid-1990s, most academic centers treated CAM like a pack of scruffy mutts, noisy and unworthy of notice. A large pot of federal and foundation research funds—now close to \$250 million per year just from NCCAM and the National Cancer Institute, plus tens of millions more from private donors such as the Bravewell Collaborative—helped turn that sniffy attitude into solicitous attention, says longtime CAM commentator Donald Marcus. “The funding gave them respect from the medical school community,” says Marcus, a professor of medicine and immunology at Baylor College of Medicine in Houston, where he has long taught a CAM course. A survey of hospitals found that 27 percent offered CAM in 2005, up from 8 percent in 1998. At the Cleveland Clinic, for example, NIH money is behind a clinical trial to see whether reiki (box, Page 40), another energy therapy, can reduce stress and anxiety in prostate cancer patients.

The integrative medicine program at Children’s Memorial got off the ground in 2003 with \$1.7 million in foundation seed money and is now chasing NIH grants. David Steinhorn, a pediatric intensivist and medical director of the hospital’s CAM program, says several privately funded trials, including Mikey’s, are underway or in the works. Steinhorn is a passionate champion of investigating CAM therapies, no matter how unlikely, if he believes they may help patients and are safe. “I’m a very serious, hard-core ICU doctor, but I have seen these therapies benefit my patients, even if I don’t know how,” he says.

Patient access. CAM’s ascendance isn’t entirely driven by money—researchers make frequent references to obligation. “We want patients to have access to these therapies in a responsible fashion,” says Lisa Corbin, medical director of the Cen-

ACUPUNCTURE

WHAT IS IT? A traditional Chinese energy therapy. Fine needles are inserted into the skin—10 or so in a typical session—at points called meridians to free blocked *qi*.

SUPPORTERS SAY: Acupuncture’s proven neurobiological effect has been widely shown to help relieve pain and nausea and improve function—for example, to ease postoperative and chemotherapy-related nausea and vomiting. In a 2004 study, acupuncture patients with osteoarthritis of the knee had less pain and an increased range of motion.

CRITICS SAY: In studies of patients who get either acupuncture or a sham version, the genuine treatment is rarely more effective. A recent study of lower-back pain showed that real and sham acupuncture worked about the same.

RISKS: Very low, mostly brief side effects such as pain, fainting, or nausea. A few cases of meningitis, collapsed lung, and heart damage have been reported. Most states require disposable needles, so infections are rare.

ter for Integrative Medicine at the University of Colorado Hospital. That implies a public clamor for such services, and patients may indeed talk about and ask for CAM more than they used to (although that isn’t clear). But surveys showing widespread use—like one issued by the Centers for Disease Control and Prevention in 2004 reporting that 62 percent of adult Americans had used some form of CAM in the previous year—

Most academic centers used to treat alternative therapies like a pack of scruffy mutts, noisy and unworthy of notice.

are highly misleading. The big numbers reflect activities such as prayer, which few would consider CAM, and meditation, now routinely prescribed to help lower high blood pressure. The Atkins and Zone diets (“diet-based therapies”) were counted in the CDC survey, too. A more selective reading indicates that about 5 percent used yoga, 1.1 percent acupuncture, and 0.5 percent energy therapy, to pick three more-representative offerings.

The purpose of Mikey’s trial is to put his

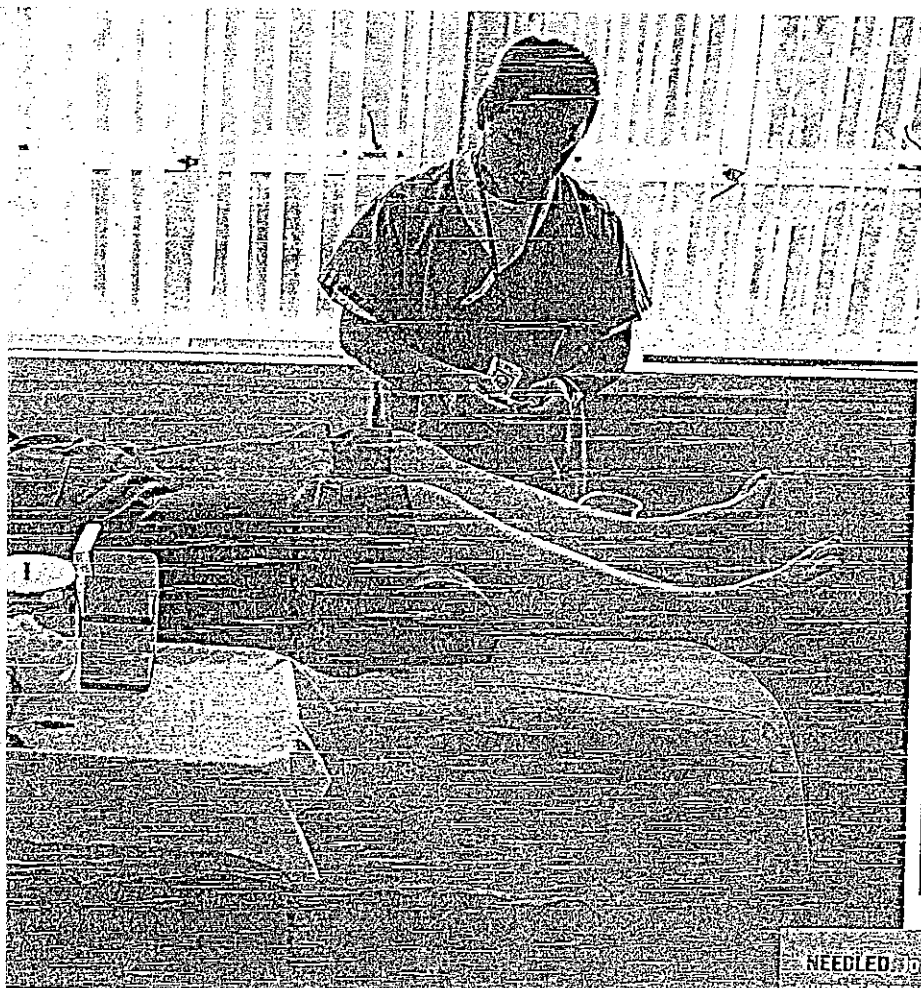
touch therapy to the kind of test demanded by CAM critics: Prove that it can produce medical results beyond simply reducing stress or anxiety. Children having a bone marrow transplant are being divided into two groups. One will receive the therapy before and in the weeks after the marrow transplant. The other group will be visited on the same schedule by staff or volunteers who talk, read, or color with them. (The investigators won’t know

which children are in which group.) The working presumption, says Steinhorn, is that the energy-therapy group will take up the transplanted bone marrow stem cells more readily and with fewer complications, allowing those children to leave the hospital sooner. Early findings should be available by the end of this year.

Most academic hospitals are fairly conservative when it comes to CAM; the usual menu offers acupuncture, yoga, meditation, and variations on massage such as reiki. This tracks the philosophy of An-



JEFFREY MACMILLAN FOR USNEWS



NEEDED Joan Pettit was a serious athlete, and her knees gave out. She says acupuncture eased the pain and that she needed no knee-replacement surgery.

drew Weil, founder of the University of Arizona Program in Integrative Medicine and CAM's public face, if there is one. "I teach and urge people to use a sliding scale of evidence," says Weil. "The greater the potential to cause harm, the greater the standard of evidence should be."

A few CAM treatments have demonstrated at least modest results. Massage shows promise for relieving postoperative pain. It was once part of routine postsurgical care, in fact, but was gradually shelved as other demands on nurses' time took priority. And studies demonstrate that acupuncture is somewhat effective at relieving nausea from chemotherapy or surgery and discomfort from dental procedures. It is used at Memorial Sloan-Kettering Cancer Center in New York, among others, for relief of chemotherapy-related nausea, and at many centers for chronic pain—from arthritis, for example.

Damaged and arthritic knees drove Joan Pettit in 2006 to see an acupuncturist at the University of Maryland School of Medicine Center for Integrative Medicine. The 51-year-old suburban Baltimore resident had been a competitive athlete from her high school days and played tennis until about eight years ago,

when both knees would swell and throb painfully. "I'm always looking for something that doesn't have serious side effects," says Pettit, "so the idea of trying acupuncture was very appealing."

The pain and swelling lessened somewhat, and Pettit, a lawyer, returned for repeat sessions—partly, she admits, because they were so soothing: "It's a very pleasant experience. You lie down, they put a nice warm lamp on you, you fall asleep for half an hour, nice music." But she knew the acupuncture was treating the symptoms, not the cause, and she would ultimately face knee replacement. "I still think it gives some pain relief when there's a flare-up," she said last month, "but I've given up. I'm having replacement surgery in April."

Varied results. Disconcertingly, some of acupuncture's claimed successes seem related to the nationality of study authors. A 1998 analysis of 252 published trials found that 51 of the 52 studies conducted by researchers from Asian countries, where acupuncture is uncontroversial, were positive—a 98 percent success rate. Only 53 percent of the trials run by U.S.

investigators showed success, and the rate plummeted to 30 percent in studies involving Canadian, Australian, and New Zealand researchers.

Herbals and dietary supplements are getting considerable attention from researchers, and they're employed at Maryland's integrative medicine center and the Osher Center for Integrative Medicine at the University of California-San Francisco, among other academic hospitals. The effectiveness of most herbal remedies and supplements is largely an open question; and there are issues of toxicity, side effects, and interaction with other medications. Actual dosages in off-the-shelf herbal medications and supplements often are far different from those shown on the label, and the pills may be tainted with heavy metals such as lead and mercury. Yet many of today's powerful medications, among them aspirin, statins, and anticancer drugs, were originally unearthed from trees, fungi, and other natural sources. NCI-backed CAM projects include a test of a six-herb combination, used in traditional Chinese

medicine, for its ability to prevent lung cancer, and addition of mistletoe extract to chemotherapy to treat solid tumors.

Yoga, a physical activity, has understandable benefits for cancer patients, in whom it helps restore strength and flexibility to muscles weak-

ened by treatment. Alicia Chin has been taking a weekly yoga class for cancer patients at the Osher Center. "Yoga reteaches the muscles how to work, and it makes me feel good," says Chin, a 46-year-old San Franciscan. She had a lumpectomy and had two lymph glands removed last March, followed by radiation, and now is enrolled in a clinical trial of a new chemotherapy regimen. "You get all these drugs pumped into you, you don't want to do anything," says Chin, a paralegal. She still doesn't have the strength to reach up and paint a ceiling, as she puts it, "but it really makes a difference."

Most CAM therapies remain relatively untested, and the majority of academic centers tiptoe around those that seem especially shaky. "We should always insist on a high standard," says Brent Bauer, director of the Mayo Clinic's complementary and integrative medicine program. CAM therapies for cancer patients at Memorial Sloan-Kettering "have to be ra-



More Best Hospitals news and features, as well as videos, are at www.usnews.com/besthospitals.

tional, and they have to be evidence-based," says Barrie Cassileth, chief of the integrative medicine service and coauthor of the *Alternative Medicine Handbook* for physicians and other caregivers. Homeopathy is "absurd," she says. "It's like a religion." Nor does she put much faith in energy healing: "Manipulating someone's energy field is nonsense." And while acupuncture is offered at Sloan-Kettering, "we don't do it thinking we're stimulating a vital force—we know we are releasing substances from the brain that make people feel better."

Why not try? Still, some academic hospitals give patients access to highly controversial therapies. Thomas Jefferson University Hospital in Philadelphia and Maryland's integrative medicine center, for example, provide homeopathic services. And patients at Oregon Health and Science University Hospital in Portland and the University of Pittsburgh Medical Center can see a naturopath (box, below), generally a non-M.D. who advocates nonmedical aids such as proper nutrition, colonic irrigation (a polite term for enemas), and special water baths to stay healthy without drugs or surgery.

Those who work in academic CAM programs freely concede there is much about CAM that they do not comprehend—yet—but they also argue that



FOCUS: Altera Chin—credits much of her strength and flexibility. She has recovered since her diagnosis last March to a yoga class for cancer patients.

the standards of western medicine should not block

its use. Just because all of the evidence isn't in, says Donald Abrams, director of clinical programs at UCSF's Osher Center, "should I never try these therapies with my patients?"

A counterargument posed by many critics is that the risks of some therapies are real and the benefits illusory—a placebo effect. That is, even a treatment that does nothing genuine is likely to make you feel better (or worse) if you think it will.

The phenomenon is hardly unique to

A Mixed Bag of Alternative Remedies

This handful of unconventional practices only hints at the breadth of the spectrum. Journals, guidebooks, government resources, and private publications and websites provided the information.

HERBALS AND DIETARY SUPPLEMENTS. Herbals such as echinacea for colds are a key element of traditional Chinese medicine. Dietary supplements range from vitamins and minerals to melatonin for insomnia and psyllium for cholesterol. **Pro/con:** Some herbals, such as green tea and flaxseed,

may turn out to have significant benefits, but few have been rigorously tested for effectiveness, and their safety, purity, and potency are loosely monitored. Dietary supplements also are understudied. Vitamin E for heart health was shown to add rather than reduce risk; glucosamine and chondroitin, however, hold promise for moderate-to-severe knee osteoarthritis.

HOMEOPATHY. To treat a malady, a tiny amount of a substance is administered that in large doses would induce symptoms like those caused by the illness—for

flu, say, something that would cause nausea. The substance often is diluted in water to the point that it is undetectable. The water is said to "remember" it. **Pro/con:** Supporters say that homeopathy is safe and often helpful, so gold-standard proof is unnecessary. Large, systematic studies have failed to show its effectiveness for any condition.

MAGNET THERAPY. Permanent magnets (like those in refrigerator magnets) embedded in items such as straps, shoe inserts, and mattress pads are used to treat pain.

Pro/con: The purported benefits have been attributed to the magnetic field's effect on cell function or blood flow. A recent analysis of numerous studies, however, found that for any of several conditions studied, magnets were no better than a placebo. Experts warn that magnets might affect implanted devices such as insulin pumps or pacemakers.

REFLEXOLOGY. Reflexologists believe specific spots on the bottom of the feet are linked to other parts of the body, and massage or applying pressure to a part of the foot addresses problems in the associated organ. **Pro/con:** Reflexology has been shown in preliminary



DAVID BUTON—REDUX FOR USNEWS

YOGA

WHAT IS IT? A set of ritualized relaxation and breathing techniques, body positions, and movements derived from Indian philosophy, emphasizing harmony between mind, body, and spirit.

SUPPORTERS SAY: Some studies report that cancer patients who do yoga sleep better and have improved quality of life and lower stress. A study published last month concluded that an intensive yoga program improved the overall health of a small group of adults, reducing stress, anxiety, and depression. And yoga has been found to relieve symptoms of asthma, heart disease, depression, epilepsy, lower-back pain, fatigue, and headache.

CRITICS SAY: Evidence of such benefits is thin and mixed. A 2005 study found that yoga provided no significant benefit for those with mild-to-moderate asthma.

RISKS: Small but real. Overstretching can cause injury or worsen an existing medical problem. Cases of stroke, blood vessel blockage, and damage to the eye, nerves, and spine have been reported.

CAM. Physicians used to hand out inert pills routinely to treat aches and pains. Many still do. A new study found that almost half of the doctors at three Chicago-area medical schools who responded to a survey said they had used a placebo in their practice at least once for anx-

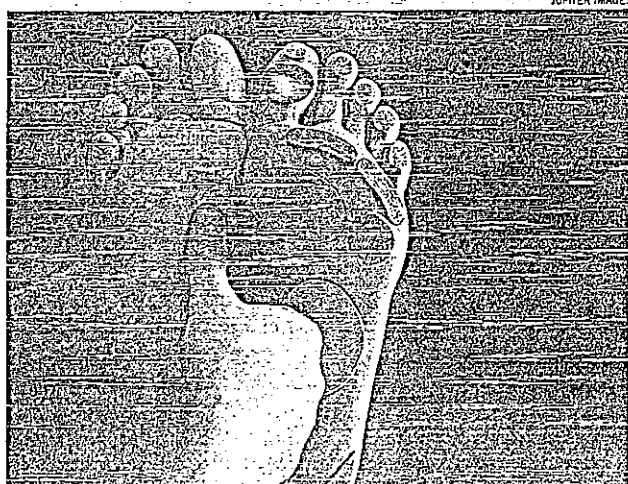
xiety, pain, and other problems. About 1 in 12 reported having done so more than 10 times in the past year.

If CAM's successes are due mostly to placebo, writes biostatistician R. Barker Bausell in *Snake Oil Science*, a just published book that turns an analytical eye

on CAM, not everybody who seeks some form of CAM for a throbbing hip or chronic headache will be happy if he paid (probably out of pocket) for care that only fooled him into feeling better. Health insurers generally cover only a few types of CAM, such as acupuncture, and then only for certain conditions.

As research director of the University of Maryland's CAM center from 1999 to 2004, Bausell became disillusioned when none of several rigorous trials that he helped design demonstrated any benefit to CAM. "The results were no better than placebo," he says. "Zip. So I started asking myself, 'What if there's nothing to this?'"

Here is where the argument gets sticky, because the placebo effect often is, well, effective, notes Don Price, a neuroscience professor at the University of Florida who has made the phenomenon his specialty for more than 30 years. In a major review of the placebo effect published this month, he cites two telling studies reported in 2005 and 2007. In both, patients with various aches and pains received either real acupuncture or a sham procedure that felt like acupuncture; the patients didn't know which one they had gotten. Patients in one study were asked if they thought they had received real or fake acupuncture. Pain relief was greater for those who thought they had gotten the real thing, even if they hadn't, than for patients who thought they had got-



JUPITER IMAGES

In reflexology, parts of the foot are thought to be linked to organs.

studies to ease headache pain, severity of premenstrual symptoms, and, in cancer patients, anxiety.

But the evidence that it counters specific diseases is weak. Experts urge caution with foot conditions such as

unhealed wounds, a recent fracture, or active gout.

MEDITATION. Tuning out the everyday by finding a peaceful place and focusing inward on a word, an idea, or the act of breathing is a form of deep relaxation that may have health benefits beyond lowering stress. **Pro/con:** An analysis of 311 studies found that the strongest and most consistent benefits were lowered heart rate, blood pressure, and cholesterol. But its authors declined to draw firm conclusions because the studies were not methodologically sound and the results varied widely by the study design and the kind of meditation.

NATUROPATHY. An overall approach to health emphasizing natural prevention and care. It draws on both conventional and unconventional practices, including nutrition, exercise, herbals, and homeopathy. **Pro/con:** Naturopathy promotes a healthful lifestyle by encouraging sound eating habits, physical activity, and contact with nature. But some naturopaths oppose certain childhood vaccinations. And enema-like colonic irrigation, a cleansing therapy favored by many naturopaths, carries a small risk of infection (and a tiny one of bowel perforation) with little if any evidence that it helps. —Lindsay Lyon and January W. Payne



SUSIE POST RUST—AURORA FOR USH&W

CALMING Following cancer surgery, John Munce has had regular sessions with reiki master Karen Ziegler at Duke's Center for Integrative Medicine.

ten the sham version. In the other study, patients were asked how strongly they believed that acupuncture would help them. The stronger their belief, the better the results—whichever treatment they got.

"These folks are very careful to make the distinction between what is based on evidence and what is based on anecdotes," says John Munce, a 53-year-old management consultant from Charlotte, N.C., who is receiving reiki and acupuncture at the Duke Center for Integrative Medicine following surgery for neck cancer in October. "But I don't care. If it's a placebo, give me the damn placebo." The reiki sessions have restored much of the mobility in his shoulder after a nerve had to be cut during surgery, he says, and he values the psychic benefits equally. "I feel as if the reiki is aligning me to heal," says Munce.

CAM frequently gets undeserved credit because of the natural course of illness, say experts. Most of those who seek out CAM, says Bausell, have chronic problems, perhaps arthritic knee pain or fre-

quent headaches, that follow a predictable cycle: build, peak, and recede. Sufferers tend to seek help when their pain is building, and when the pain, as if by

magic, begins to recede after they are treated, it is natural to connect the improvement with the therapy.

Won over. Cycles and disputes over illusory cures don't grab Tracy Gaudet. If a treatment works and isn't harmful, says the Durham, N.C., obstetrician-gynecologist, be thankful. Before having a golf-ball-size mass removed from her

neck about three years ago, Gaudet prepped with acupuncture, art therapy, and hypnosis to relieve her symptoms and mentally prepare for the operation. She awoke pain free and never took so much as a Tylenol afterward.

As executive director of Duke Integrative Medicine, Gaudet was especially receptive to CAM. "She was incredibly relaxed," says Duke otolaryngologist David Witsell, Gaudet's surgeon. "It took very little anesthetic to get her to sleep." And while it can take six months after this procedure to relearn how to swallow and speak, "she was smiling and talking and drinking and

laughing the day after surgery," says the surgeon. He and Gaudet recently discussed making the program's CAM services available to all preoperative patients. "That experience with her turned me on to integrative medicine," says Witsell.

"From where I sit," says Gaudet in the center's light-filled lobby, "if we could figure out a way to elicit a full therapeutic response to a placebo, that's not a bad thing—that's a good thing." She considers briefly, then smiles. "I'd call it an 'activated healing response,'" she says. ♦

REIKI

WHAT IS IT? One of many traditional Asian energy therapies based on rebalancing the life force known as *qi* after illness, surgery, stress, or other disruption. The therapist's hands are placed at each of 12 to 15 specified points for a few minutes to read and rechannel the patient's *qi*.

SUPPORTERS SAY: Reiki can treat pain and myriad other health conditions. In a small 2003 study, reiki plus standard pain drugs relieved pain and improved quality of life in one

group of cancer patients more than drugs and rest did in another group. Other evidence indicates it may reduce symptoms of psychological distress.

CRITICS SAY: Reiki is soothing, which helps relieve stress and anxiety, but its ability to treat specific medical conditions is unsubstantiated. A 2002 study concluded that it didn't help stroke victims recover better or faster. Evidence that *qi* exists or works as described is absent.

RISKS: Light touching seems completely innocuous.

September 17, 2009

Re: Personal Testimony

Wisconsin Legislators:

My non-registered nutritionist → I want to introduce myself to you because I am someone whose life has completely changed since I have known and worked with Karen Hurd. My name is Lisa Kundel, I am 42 years old and I am a wife of 21 years to my husband and a mother to our 18 year old son and 16 year old daughter. I was diagnosed with an autoimmune disorder called Myasthenia Gravis over 15 years ago. At the time of my diagnosis my children were toddlers and I was working full-time as a special education teacher in the Eau Claire School District.

After diagnosis, I continued working in that capacity for two years. However, due to my increasing severity in my disease symptoms (extreme muscle weakness, affecting my arms, hands, legs, neck, chewing/talking/swallowing muscles, as well as muscles used for vision and breathing) which interfered with my daily job responsibilities, I was forced to give up my career as a teacher which I had worked hard to attain. I spent the next several years working with different neurologists who recommended different pharmaceutical drug regimens. My disease management was always a tremendous frustration to me because not only did I have the symptoms of the disease itself to deal with, but I was continually dealing with the severe side effects of the high doses of the different medications I was on.

Approximately four years ago, my disease state started to decline to the point that I began researching to locate a neurologist who specialized in my disease. I found a doctor, Dr. E. Tiriyaki, in Minneapolis, Minnesota and began treatment under her care. She ordered a specific known treatment, IVIG, for me and I had an unexpected allergic reaction that put me in a Myasthenic Crisis where I was hospitalized and in the CCU for a week. I spent the next several months undergoing several outpatient plasmapheresis treatments as

well as adhering to an aggressive drug therapy regimen. It was at this time that I knew I needed to do something different in my life because I did not want to live this way. I spent more time in bed than out of bed. But I wanted to give these ^{medical} treatments a fair chance so I continued with it for one full year after my hospitalization.

The summer of 2008 I went to see Karen Hurd. I told her of my medical history and current condition of my disease control. Upon listening intently and asking many questions, she gave me a nutritional plan that I could begin implementing immediately, while keeping my drug therapies the same. Within three months of adhering strictly to this plan, I began noticing that my good days (few symptoms) outnumbered my bad days (symptoms requiring me to be bed-ridden). Since that time, I have continued to follow the instructions Karen Hurd has given me...my life is completely different. Instead of everyone in my family having to care for me, I can be the wife and mother I have so longed to be. I attend most of my kids' events, I am a volunteer adult leader in their youth group at church and I can do the things I enjoy doing ^{and} in caring for my family ^{and others}. So many things that I have not been able to do I can now do because I have the strength and health to do them.

This past year my neurologist, Dr. Tiryaki, has been more than impressed by my "miraculous" improvement. She admits that the reason for my turn around has ^{little} ~~nothing~~ to do with her; "keep doing what you're doing and seeing your nutritionist because it's working," is what she tells me. My doctor loves seeing me as her patient because I am one of her healthiest ones. Since my progress with my nutritional treatment plan, I have been able to decrease my medications by 50% and the trend continues.

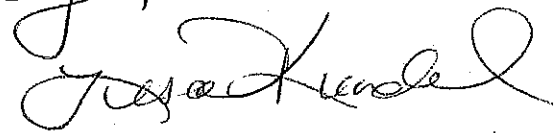
^{With the advisement of my neurologist,}
I live with a disease that I will have for the rest of my life. I am truly grateful for the journey I have been on because what I have learned and continue to learn about this life is invaluable. One great nugget of truth, a pearl of wisdom, that I have come to treasure is that had it not been for my personal freedom to choose my treatments within every step of my journey, I literally would not be here today. I am

an educated, intelligent, discerning and capable woman. For many years I sat in the offices of different neurologists, all having their prestigious titles, licenses, degrees and years of training, while they each told me what they thought I needed to best control my disease. In MY experience as a consumer of health care over the past 15 years, it is to my great benefit to not sit in a doctor's office ^{or ANY office} with passivity and a false sense of security as I read all the distinguished framed certificates and licenses hanging on the wall. Instead, it is my right as an individual to ask questions and seek to understand what I am being told. It is then my freedom as a citizen of the United States of America to choose what I believe; to choose what is good and right by my own personal health in determining treatment methods in my disease control. ^{and overall health management.} This is NOT the place of government to choose for me or to revoke my freedom to choose for myself. I am 100% against SB115 and as a citizen of the state of WI, I ask you, my state ~~representative~~ representatives, to completely drop this action.

Lisa Kundel
4511 Kensington Court
Eau Claire, WI 54701

Thank you!

Sincerely,



IN SICKNESS AND IN HEALTH

Testimonial of Cindy Donnelly

September 17, 2009

In the past 3 years we have experienced a journey of emotional lament, from a sickness we knew little about that took my health to the lowest I have ever been, to the joyful road of recovery and hope. I say we because my sickness affected our whole family and brought great stress on each member.

We were living a typical stressful American life; always on the go. We thought we could do it all. We home schooled our two children with the challenges and responsibilities that go with that commitment. We labored in love through the adoption process of our son Sujay. The immunizations we had to take before going to India were overwhelming to my body. I was sick for several days after each regimen. Our daughter had rheumatic fever several years prior, which in both cases, were misdiagnosed by the doctors in Eau Claire.

Our lifestyle was such that I did not always eat a healthy diet. I ate lots of sugar, little fiber and an insufficient amount of protein. I ate lots of carbohydrates and would often experience blood sugar drops but kept right on going. For years I had trouble sleeping which kept getting worse with time. In the summer of 2006, we had our basement painted and within days I went from relatively functioning to barely moving. I became fatigued, my ears were plugged, I had difficulty breathing, my heart was pounding wildly and my anxiety level was extremely high. We went from doctor to doctor to find answers and relief. Some said they just didn't know. Others gave misdiagnoses. I was put on an array of drugs to see if they would help, which none did. One doctor put me on a wheat free, dairy free, sugar free, egg free diet. I tried it for 7 months and lost 40 pounds and was weaker than I had been. I was in and out of the hospital because of severe diarrhea and had to have IV's to restore fluids and electrolytes that were lost. I had to be in bed a

lot of the time. I taught my kids school lessons from bed as I struggled to breathe while trying to read to them. My husband Mark had to take time off work to help teach the kids. He took over all the household duties. He told me later that he was fearful to come in to check on me in the morning, afraid that I would be dead.

We decided we were going to look for another avenue of help. We were in a place of desperation when we became aware of Karen Hurd's practice. The day I met Karen, I could hardly eat because of digestive problems. I had pain throughout my body, symptoms of bradycardia, insomnia, chemical sensitivities, hormonal imbalances, difficulty breathing and anxiety. Karen gave me her diet plan and I began right away to eat only what she suggested. In a couple of months I started to feel better. I was on the bean diet for seven months when the doctor I was seeing, removed my medication too quickly. I went into withdrawals which were aggravated by what I now knew was adrenal fatigue. I had adrenalin surges continuously for two months and could not sleep at all. I thought I would go literally crazy. Karen did not abandon me but kept encouraging me when I was at the lowest point possible. I went to see a different doctor who helped me adjust my medication. After months of recovery again I began to feel better and continued upward, gaining strength and a new hope that I would win this battle with my health.

I have worked with Karen for almost two and a half years now. This past April I was able to attend the Viennese Ball with my husband. We danced most of the night and had a wonderful time. I came to Karen Hurd, a nutritionist, with chronic fatigue and chemical sensitivities, having been passed off and harmed at the hands of certain doctors. I am amazingly not opposed to doctors but I am glad that I had the right to choose to see a

nutritionist. An extremely gifted, educated and compassionate one, who in my opinion saved my life. I'm just beginning to really live again!

I am here to testify that I was helped by a nutritionist and if this bill, SB115 would have been law, I would not have had that choice. I hate to think of where I might be now. I'm glad I live in America and have the privilege of making my own choices about my healthcare. I oppose bill SB115 and its amendments. Thank you.

Senator Kriettlaw and/
To Whom it May Concern,

In July of 2001, my daughter almost died. It was a phone call in the middle of the night every parent dreads. She had attended LifeFest in Oshkosh, WI & experienced a severe asthma attack.

As I drove from Chippewa Falls to the hospital in Oshkosh, I learned that she had turned blue, passed out & been intubated at the campground. She was lying in the hospital on a vent fighting for her life. She spent 2 1/2 weeks in the hospital on & off the vent before finally being discharged. Her system had been racked & she was now on many steroid medications & inhalers.

The weeks and months that followed were filled with many wonderful Drs - specialists, medications, & more hospitalizations.

Lindsey developed Post-Traumatic Stress Syndrome from almost dying

and became sleep deprived with 21 days without sleep. She became depressed and suicidal. After all the asthma medications she was already on, depression meds were added.

One of the side effects of the depression meds was migraines. Of course Lindsey developed them with a very weakened immune system after the trauma.

Another medication was added to take care of her migraines and lo and behold she developed stress-related ~~migr~~ seizures which led to more medications & hospitalizations.

The doctors I consulted were wonderful but I was tired of one medication's side effects leading to new problems & a medication to then take care of that side effect.

I wanted my daughter off this hamster wheel & that's when I contacted Karen Hinch,

a nutritionist.

I had heard about Karen from several ladies from my church whom she had helped.

From the very first appointment, Karen told me why Lindsey had experienced all these symptoms & the reasons why. She also gave me hope Lindsey wouldn't have to continue living this way - something the doctors never believed.

Karen set Lindsey up on a plan of nutrition - healthy eating in a very precise way - no more medications - no more side effects - that was the goal.

Within a few months of following Karen's advice, Lindsey no longer had seizures or migraines or depression. She no longer had to be on any medications except her PRN meds for an asthma attack. The doctors were amazed at her progress, but I wasn't. We were finally done with the band-aids and had gone to the source of her

problems - a weakened immune system.

I do believe there is a place for doctors, a place for medications, a place for dieticians, and a place for nutritionists. Just as all of us develop different illnesses, we also need different & varied ways to combat them. I hope that I will continue to be allowed the freedom to know my families needs and choose the health management that works for us whether that be a dietician or a nutritionist. Without that choice, where would my now 23 year old healthy daughter be today?

I am in opposition to SB 115.
Please allow me to continue to have the freedom to take care of my health & consult with whom I wish. Elizabeth Slack
19756 70th Ave
Chippewa Falls, WI
54729

September 16, 2009

Dear representatives of Wisconsin citizens and taxpayers,

I regret that I could not be at the hearing today, but please count me among the numbers of people present who are opposed to Senate Bill 115. I strongly urge you to kill this bill concerning Restrictive Dietary Licensing Legislation.

I never cease to be amazed at the issues politicians are willing to embrace that are not only virtually useless to the well-being of the average citizen but only serve to further restrict our individual freedoms and intensify control over our personal lives.

What is the real reason for this bill? Are you motivated by concern for the personal health of individuals? Must we be treated like children who are unable to discern right from wrong, good from bad, true from false, real from fake? Must government, once again, be the nanny? If you are sincerely interested in the nutritional well-being of the voters of this state, you would be looking to pass legislation that would shut down grocery and convenience stores that sell dangerous, disease-causing cigarettes; taverns and restaurants that sell disease- and death-causing liquor; doctors and pharmaceutical companies that prescribe and sell prescription drugs that cause dangerous side effects, even death; food companies that sell disease-contributing sugar-laden breakfast foods which many of the most vulnerable in our society consume every day before they head to school.

Since you are doing none of those things to protect us, is it not logical for me to assume that your motives, if this bill is passed, are suspect? That special interests have taken your reason and your conscience hostage?

Several years ago, I was handed a drug prescription by a medical doctor, along with ten pages of information about my condition and the drug. Following is a partial list of adverse reactions: headache, fatigue, dizziness, insomnia, mental confusion, nausea, vomiting, epigastric distress, diarrhea, GI bleeding, hepatotoxicity, lupus-like syndrome. There were as many more symptoms listed that a layperson, like myself, could neither pronounce nor understand. Ironical, isn't it, that some of those very symptoms, if stand-alone, would send people running to a doctor with, "what's wrong with me?" but yet are almost to be expected when resulting from the taking of a prescription drug. The doctor informed me that I would need periodic blood tests because of the drug's potential for damaging my liver, as well as other organs or systems. Now, here's the kicker, and I quote from one of the pages: "...even oral therapy is associated with a high rate of treatment failure and recurrence. Results with long-term oral [drug name] treatment have been disappointing." I could not do much more than conclude the following: I was to take the drug in spite of the fact that I might have nothing to show for it but a continuation of the same symptoms, plus a bad liver. I never filled the prescription, and I am also sure no government goons have raided the doctor's office!

My daughter is currently being treated by a naturopathic professional. Need I remind you of the very personal and confidential doctor-patient relationship that can be vital to the treatment and healing process? Were SB115 to be signed into law, most likely forcing this professional to be unavailable to my child, it would be devastating to her; and it could very well mean a relapse of her symptoms (which have been continually improving) and lost time spent in having to research other alternatives. Passage of this bill would severely limit our choices. Not only would it have zero positive impact on the overall health of Wisconsin citizens, it would most likely result in increased health problems for individuals who have been, or are being, helped by professionals that this bill attempts to ultimately suppress.

It is beyond me why any of you would even care what health care choices individuals pursue, and why you would want to restrict those choices with this bill; thus, if SB115 passes, I can only conclude that the lust for power and control over people's individual choices has dulled, if not obliterated, your consciences. What a sad commentary on our society that, if this bill is passed, we may find it much easier to seek out a doctor who can kill an unborn child in the womb than a practitioner who can hand us a vitamin!

WHY DO YOU CARE? Protect us only where we cannot protect ourselves; otherwise,
STAY OUT OF OUR LIVES!!!

Sincerely,

Doris Rindfleisch

W153 N5264 Plaza Drive

Menomonee Falls, WI 53051

262-781-3113

Your Access to Nutritional Information is at Risk!
Please become informed and take action.

The Problem:

A bill has been introduced to the Wisconsin Senate Health Committee that creates monopolistic control over all nutritional healthcare. The bill is WI SB 115 - Wisconsin Dietitian and Nutrition Licensing bill. This bill is dangerously restrictive and will jeopardize your access to a wide variety of nutritional healthcare practitioners. This bill will destroy the practices of nutritionists, naturopaths, Nutritional Doctors and others who are not dietitians licensed by the state. One must be a dietitian to be able to recommend any nutritional therapy. Health food stores would only be allowed to give "general" nutritional information.

Quotes from the bill:

"This bill directs the board to license persons as "dietitians or nutritionists." With certain exceptions, the bill prohibits a person who is not licensed from practicing dietetics or nutrition care services. This bill changes the title of a person licensed by the board from "dietitian" to "dietitian or nutritionist," and changes the title of the board to the Dietetics and Nutrition Care Services Affiliated Credentialing Board. In the bill, a dietitian or nutritionist is a person who practices dietetics and nutrition care services." "The bill defines "dietetics and nutrition care services," generally, as the integration and application of certain scientific principles to achieve and maintain optimal human health. In the bill, the practice of dietetics and nutrition care services includes assessing nutritional needs and dietetic and nutrition therapy." End Quotes.

The Solution:

Convince the Wisconsin state Senate that we are opposed to this bill. It is best to kill this bill in the committee. If the bill is not killed in the committee, we will have to fight this bill in the full Senate and Assembly.

What You Can Do:

- Contact your state senator. Use phone call or email. You can also write letters.
Senate hotline: Statewide Toll-Free: 800-362-9472
Senate email: Sen. <Senator's Last Name>@legis.wisconsin.gov
Senate mail: State Senator (Senator's Name), P.O. Box 7882, Madison, WI 53707
- Also contact the members of the Wisconsin Senate Health Committee. This bill must first pass this committee prior to being voted on in the whole senate. The best thing is to kill this bill in committee.
Senate committee members: Senator Tim Carpenter (Chair), Senator Kathleen Vinchout, Senator Dale Schultz, Senator Dan Kapanke, Senator Spencer Coggs
- Sign and/or circulate a petition. Circulate this Flyer. Flyer and Petition can be downloaded from www.healthquestradioshow.com. Look under "Articles".
- Notify your friends and family in Wisconsin and ask them contact their state senator and oppose this bill.
- If you can, go to Madison when the hearings are to be held. Hearing has not yet been scheduled as of April 1, 2009.
- Donate to the Wisconsin Health Freedom Coalition. It costs \$1000 per month for the lobbying efforts in Madison. See address below.

Resources

Wisconsin Health Freedom Coalition - PO Box 53, Sheldon, WI 54766 - (715)-452-5544

website: www.wihfc.com

Health Quest Radio Show - www.healthquestradioshow.com. Here you will find a copy of the bill, a petition, an opposition letter, Senator contact list, and an interview with Nutritionist Karen Hurd. Search for WI SB 115.

Nutritionist Karen Hurd: www.karenhurd.com. Karen is a Wisconsin nutritionist who would be put out of business if this law passes. Karen will be sponsoring busses to Wisconsin should this become necessary.

MERCURY TOXICITY FROM DENTAL AMALGAM FILLINGS

What You Don't Know Could Hurt You

COURSE: 806-177-019 General Anatomy and Physiology (806-177)

INSTRUCTOR: Dr Bruce Forciea

5/10/2009

Laura Kirchner – Anatomy Research Paper

DESCRIPTION OF PATHOLOGY

Mercury toxicity is caused by environmental contamination such as industrial pollution or use of silver amalgam fillings in dentistry. The chief components of the amalgam fillings are mercury and silver. The reason dentists use the silver amalgam fillings are that they are inexpensive and can be implanted quickly and dry rapidly. The problem with these types of fillings is that over time, the mercury leaches out of the fillings from the nerve roots of the teeth and travels into the bloodstream of the patient and then is stored in the fat tissue and adversely affects the nervous system. Symptoms of ill health such as forgetfulness, vision changes, and fatigue are often attributed to aging and dismissed by traditional medicine (i.e., Family Practice, Internal Medicine, Endocrinology, and Gastroenterology) as acceptable symptoms of getting older. As the patient develops symptoms that affect different body systems, each medical specialty treats just the symptoms related to their specialty. The problem with this treatment approach is that the puzzle cannot be pieced together to find the true cause of illness without looking at the body as a whole. In addition, the fact that mercury does not stay in the bloodstream for a long period of time makes it difficult to detect by normal laboratory testing.

SIGNS AND SYMPTOMS

This is a case study of a 45 year old female who presented to a Family Practice physician with multiple ongoing symptoms over a 5 year period of time. Symptoms included extreme fatigue with need to sleep for a 16 hour period of time, mental foggy or need to write notes to remember things, thyroiditis fluctuating between hyperthyroidism and then hypothyroidism, large raised cysts in the hairline, neck, and on the breasts bilaterally, recurrent infections of the bilateral temples, inflammation of the parotid glands, and swollen lymph glands in the bilateral axillary area. Additional symptoms included blurred vision, headaches, hand tremors, diarrhea, muscle spasms, eye twitches, severely inflamed liver, and development of antibiotic resistance.

The physician performed a physical examination which focused on symptomatic treatment without a specific diagnosis obtained. Several courses of antibiotics were tried without success. Since no antibiotics were effective, the Family Medicine physician performed cultures from the infected areas on the temples and chest and found the patient was resistant to all but one antibiotic. This patient had previously used each antibiotic for which she was now resistant. In addition, during the period of liver inflammation, the patient was put on bed rest and leave of absence from work. Ultrasound examination of the liver revealed one 5 cm mass, and four additional smaller masses that were 1-3 cm in size. The patient was referred to a Gastroenterologist for treatment of the liver masses and diarrhea and to Endocrinology for treatment of the elevated thyroid levels.

The Gastroenterologist did another physical examination and performed tumor marker testing to determine if the liver masses were cancerous. The tumor marker did not indicate cancer but no explanation was given for the development of the liver masses. A colonoscopy with biopsy was performed to determine the cause of the diarrhea. Again, no specific diagnosis could be determined and medication was prescribed for symptomatic relief only.

The Endocrinologist performed laboratory testing for investigation of the thyroid level fluctuations. During the course of reviewing the laboratory results, it was determined that the pituitary gland was not functioning properly. An MRI was ordered which revealed a tumor of the anterior pituitary gland. Again, no explanation could be given by the Endocrinologist as to why such a variety of symptoms were developing in an individual who had been healthy previously. The patient's history revealed that there was no history of tobacco, alcohol, or illicit drug use.

Finally, after no determination could be found for the various symptoms presented, the patient was referred to Dermatology to determine the cause of the cystic masses that were developing in the hairline, along the parotid glands, and on the bilateral breast region. The Dermatologist performed a biopsy of the skin cysts and could not give an explanation of the cause for these masses. Again, only symptomatic treatment was offered and the patient developed an allergic reaction to this therapy so treatment was discontinued. The patient decided to consult with an alternative health practitioner (naturopathic physician) after finding no relief or explanation from the traditional medical community.

Naturopathic physicians use a different method of detecting mercury that relies on muscle testing (kinesiology) which will be discussed in more detail later. In this way, they are able to actually tell which areas of the body have higher concentrations of toxins and pinpoint the original area where the contamination started. For example, for the patient referenced in this paper, the mercury levels were extremely high in the area of the parotid glands, lymph nodes of the neck, on the bilateral temples, and heavily concentrated in the bilateral breast tissue. When the body reaches its maximum saturation point of mercury contamination, the skin is the last exit point. The chicken skin appearance (i.e., skin that has a very bumpy appearance and texture) is a key indicator that there are toxins in the body.

HOW THE PATHOLOGY AFFECTS NORMAL ANATOMY AND PHYSIOLOGY

Mercury toxicity can affect each patient in a different way depending on the level of saturation of the toxin in the patient's body. There is a saying called "mad as a hatter"¹. This term refers to the mental deterioration that occurred to people who were employed to make hats in the 19th Century. Mercury was used in that manufacturing process prior to it being known that mercury is toxic to the anatomy of human beings as well as to animals. In addition, in manufacturing waste in Japan, mercury infected the fish population due to dumping of the chemical in the ocean. Since the Japanese people use fish as their main source of protein, the poisoning was not apparent until mothers infected by mercury gave birth to babies with birth defects.²

The patient studied in this paper reported reading a book entitled, *The Great Physician's RX for Health and Wellness*, that reported mercury as an environmental contaminant that can cause numerous health problems³. Toxicity of mercury presents in many forms including development of "Alzheimer's Disease, autoimmunity, kidney dysfunction, infertility, polycystic ovary syndrome, neurotransmitter

¹ The American Journal of Clinical Nutrition 43: February 1986; pages 293-298.

² The American Journal of Clinical Nutrition 43: February 1986, page 294.

³ The Great Physician's RX for Health and Wellness, Nelson Books; copyright 2005, page 174.

imbalances, food allergies, multiple sclerosis, thyroid problems, impaired immune function, and development of antibiotic resistant bacteria."⁴ One of the major dangers in mercury toxicity is that "mercury has a half-life of between 15-30 years in the central nervous system (CNS)".⁵

TREATMENTS

Since the patient reported in this case sought out treatment from a naturopathic doctor (ND), the treatment plan reported will be from that perspective. Traditional medical practices were not successful in this patient either to locate the source of the illness or to propose a cure. A naturopathic doctor (ND) was consulted to determine a diagnosis and treatment plan for this patient. A naturopathic doctor is defined as a "state licensed, 4-year, postgraduate doctor trained in the art and science of diagnosis, prevention, and treatment of disease."⁶ The difference in approach of the ND and an MD (medical doctor) is that the ND focuses on the ability of the body to repair damage of illness or injury without suppressing symptoms.⁷ In the case of the patient studied in this paper, muscle testing (applied kinesiology) was used to determine the nature of the toxins present in the body. The muscle testing is a "non-invasive way of evaluating the body's imbalances and evaluating its needs."⁸ After the patient is examined and muscle testing is completed, the source of nutritional deficiencies is addressed. The philosophy of the ND is to provide the patient with the proper dietary support to allow the body to heal itself instead of just covering up symptoms with medications that don't address the root cause of the illness.

The other treatment that is provided in the case of mercury toxicity from amalgam fillings is to have the restorations replaced with composite (non-metal based fillings). There is a specialized process to remove the silver amalgam material to prevent the patient from reabsorbing the mercury remaining in the old fillings. A substance called bentonite is utilized first for the patient to rinse out the mouth. This material absorbs residual mercury that may be in the oral cavity prior to the start of removing the dental fillings. Then a rubber dam (a piece of rubber material cut out to isolate the tooth being drilled) is utilized to prevent any drilling material from being swallowed. A specialized air purifier is utilized during the drilling process to protect the dentist and the patient from contamination during the removal fillings. There is constant suction being done during the filling removal to prevent any drilled material from being ingested by the patient. After all the fillings are removed, the final step is for the patient to again rinse out the mouth with bentonite to clear any residual material.

One major caution should be stated regarding filling removal. If a patient has a substantial amount of amalgam fillings in the mouth, the removal and replacement should be done at a slow pace. The reason for this is that the body has been compensating for the toxins over a period of years. If all fillings are removed at one time (as was done with this patient), the body is flooded with imbalances due to the chemical change that has just occurred from the filling removal. The consequence is that the fatigue, strain on the kidneys, intestinal system, oral cavity, and skin is overwhelming. This patient reported needing to sleep up to 16 hours a day after the fillings had been replaced, had severe mouth

⁴ Mercury Toxicity and Systematic Elimination Agents, www.mercola.com, March 2001, page 2.

⁵ Mercury Toxicity and Systematic Elimination Agents, www.mercola.com, March 2001, page 2.

⁶ Naturopathic Medicine & Mercury Detoxification, www.naturedox.com, page 1.

⁷ Naturopathic Medicine & Mercury Detoxification, www.naturedox.com, page 1.

⁸ Goodhealthinfo.net, pg 1.

pain, blurred vision, headaches, and massive outbreaks of boils on the skin. This adverse outcome could have been avoided if the patient would have been advised by the dentist that only a few fillings should be replaced at one time and then give the body a chance to adjust to the change in chemical composition.

PROGNOSIS

The prognosis for a positive outcome is good for most patients. If the mercury has been present in a high enough concentration for an extended period of time, there could be permanent kidney damage since the kidneys are one of the exit routes for mercury from the body. The other issue is that since mercury has a half of 15-30 years in the central nervous system⁹ some health affects may not reveal themselves until later in life and may not be properly diagnosed or dismissed as part of the aging process. A positive outcome relies on the patient getting proper treatment for detoxification from the mercury as well as following proper nutritional protocol to assist the body to heal itself.

SUMMARY

"Dental amalgam fillings are the major source of mercury toxicity."¹⁰ Until the American Dental Association (ADA) discontinues use of the silver amalgam fillings, the health hazard to any patient receiving these restorations is high. In a statement made by the ADA president, Dr Robert Anderson, "there is no sound scientific evidence supporting a link between amalgam fillings and systematic diseases or chronic illness."¹¹ Since the silver amalgam fillings are cheap and easy to use, dentists won't stop using them until the public demands that they do so. There is enough scientific proof showing that danger of using the silver amalgams, so why not just discontinue their use? The sad fact is that years of the patient's life reported in this paper were spent needlessly suffering through numerous, costly medical procedures, and it all could have been avoided by a simple change in the material used in dental fillings. This patient is angry, wouldn't you be?

⁹ Mercury Toxicity and Systematic Elimination Agents, www.mercola.com, page 2.

¹⁰ Mercury Toxicity and Systematic Elimination Agents, www.mercola.com, page 1.

¹¹ Mercury Toxicity and the American Dental Association, www.healingdaily.com, page 1.

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- ² The American Journal of Clinical Nutrition 43: February 1986, page 294.
- ³ The Great Physician's RX for Health and Wellness, Nelson Books; copyright 2005, page 174.
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- ⁶ Naturopathic Medicine & Mercury Detoxification, www.naturedox.com, page 1.
- ⁷ Naturopathic Medicine & Mercury Detoxification, www.naturedox.com, page 1.
- ⁸ GoodhealthInfo.net, page 1.
- ⁹ Mercury Toxicity and Systematic Elimination Agents, www.mercola.com, page 2.
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- ¹¹ Mercury Toxicity and the American Dental Association, www.healingdaily.com, page 1.

Waiver

Due to the extenuating circumstances, we ask for your permission to use your health testimonial for the purpose of protecting your right to seek natural health care. Your signature gives us permission to possibly present your testimonial during the upcoming hearing on SB 115 in Madison on September 17th.

I authorize Total Health Natural Medicine Clinic (THNMC) to present my Success/Improvement Report during the hearing on SB 115 in Madison on September 17th.

Signature: _____

Laura Kirchner

Witness: _____

Kristine

Date: _____

9-15-09

If it is impossible for you to come in and provide us with a signature, we would be able to accept a verbal consent via telephone or receive an e-mail giving us permission to present your testimonial during the hearing on SB 115 in Madison on September 17th. Please e-mail your testimonial to:
kristine@totalhealthinc.com. Or if this is a verbal consent, please note below.

Name of Client: _____

Laura Kirchner

Date of Verbal Consent: _____

9/15/09

Name of Clinical Staff Member that Accepted Verbal
Consent: _____



Date: Tuesday, April 14, 2009 6:28 AM
From: lkirchner4@wi.rr.com
To: darling@legis.wisconsin.gov
Subject: OPPOSITION OF WI SB 115 - WISCONSIN DIETICIAN AND NUTRITION LICENSING BILL

Dear Senator Darling,

I am writing to you to strongly oppose the bill WI SB 115. I have been extremely ill for an extended period of time and went from one "traditional" doctor to another with no positive outcome. I then scheduled an appointment with a naturopathic physician, Dr Martin Johanson, Total Health Natural Medicine Clinic (Menomonee Falls, WI), and he was able to determine that I was suffering from mercury toxicity caused from mercury amalgam fillings that had leached mercury from my mouth into the rest of my nervous system. After receiving treatment, my symptoms, energy level, etc, have all steadily improved. Until I received the help of this naturopathic physician, I could barely get through the day and would come home from work and go straight to bed. My quality of life was horrible. Now, I get up at 4:30 am, take a walk before work, walk again during my lunch period, and have returned to school to become a nurse

If the proposed legislation would pass, it would put naturopathic physicians out of business. Further, taking away a patient's free choice to pursue alternative practitioners is taking away a patient's right to choose their own treatment plan and participate in their own healthcare decisions. Naturopathic physicians serve a very valuable role in the healthcare continuum of care. They are extremely valuable in determining deficiencies in the body and working to correct them before the body breaks down. Considering we have a national healthcare crisis in the United States, why would anyone want to prohibit a naturopathic physician from practicing to correct nutritional problems to prevent disease before it occurs. All alternative health practitioners (naturopathic physicians, chiropractors, etc) provide a valuable service to their patients and have spent years of education and training to help patients. The bigger issue here is that patients should be allowed free choice to determine their own treatment plans.

Please do not support this pending legislation since it would restrict a patient's free choice to seek help from naturopathic physicians whose whole focus is on disease prevention. If you have any questions, please feel free to contact me. If necessary, I am willing to come to Madison to oppose this legislation in person.

Thank you for your time and attention to this issue.

Sincerely,
Laura Kirchner
W170 N11473 Armada Drive
Germantown, WI 53022
Phone: 262-502-4164

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<http://webmail.wi.rr.com/do/mail/message/preview?msgId=Sent...> 9/15/2009

IMPROVEMENT REPORT

Regarding your improvement:

1. What was it like before you came to see us?

Prior to coming to total health, I barely had enough energy to get through the day. I had constant headaches, terrible fatigue, stomach problems, and disrupted sleep. I felt my life was barely worth living and often prayed that God should just let me die if there was no help for my health. God did not let me die, but I felt I was divinely led to the clinic of Dr. Martin Johnson.

2. How is it now?

The improvement in my health has been tremendous. Dr. Johnson was able to determine that I have dietary sensitivities that were causing the majority of my fatigue. After taking sugar, milk products, and grains out of my diet, my energy doubled. Dr. Johnson was also able to determine I had mercury toxic levels from dental amalgam fillings and also high levels of lead. I am improving daily and I'm grateful he

Name: Laura Kirchner

Date: 9/14/09

This information is for our files only. If you wish to help us educate others about our services, please sign below. was willing to help when other doctors turned me away.

I authorize Total Health Natural Medicine Clinic (THNMC) to utilize my Success/Improvement Report in the following manner: I would recommend Naturopathic medicine to anyone who needs

- ☒ Testimonial Book that remains in our office at all times. help with their health.
- ☒ Any promotional mailing by THNMC to help THNMC make its services broadly known.

Sign: Laura A. Kirchner

TESTIMONIAL
Improvement Report
9/14/2009

I have been seeing Martin Johnson, Naturopathic Practitioner, on a regular basis since December 2008. Following is a description of symptoms I was experiencing along with steps I took to find out the cause behind the symptoms. Since seeing Martin Johnson as part of my health care, I have greatly improved and would be extremely upset if my right to have access to natural health care as an alternative or supplement to medical healthcare would be taken away from me and no longer be a choice.

Symptoms that worsened over 20+ years prior to seeing Martin Johnson:

- Painful feet. Could not be on my feet for any length of time. Balls of feet would hurt and toes would cramp and I could hardly walk. I could only wear tennis shoes with orthotics-no heels or dress shoes of any kind. I could not walk barefoot and taking a shower was very painful. When it got really bad, I was not sleeping well. It hurt to have the covers touch my toes. Worst of all I could no longer dance which was something I loved to do.
- Legs were extremely painful to the touch, ached constantly, and felt very heavy. I could not do the things I loved to do like dance, or dress up for special events, or walk any kind of distance, or be as active as I used to be. In the morning, my whole body hurt and it was hard getting up and walking to the bathroom.
- Painful hands and fingers and wrists, In the morning my right wrist felt like it was broken and I had to support it with my left hand as I was getting up and trying to move my right arm. After slowly moving it, and doing some hand, wrist and arm exercises the pain subsided. I had no strength in my hands and could not do simple things like open a jar, chop vegetables, sew, even writing hurt. My fine motor skills were compromised. Almost every task was painful.
- My knuckles were enlarged and fingers were getting more and more crooked and painful. My hands and feet felt like they were twice the size but looked normal. My neck, shoulders, and back hurt most of the time. My whole neurological system seemed to be inflamed.
- Continual weight gain no matter how much I would watch what I would eat or try to exercise. Also, had no energy and felt very depressed due to not being able to do the things I loved to do and having no hope of it getting better.

I had been telling my primary care physician at my annual physicals about my feet and legs and how they were getting worse. I asked whether she thought it could be Neuropathy and she said she didn't think so that it probably was arthritis and I should take Tylenol or Ibuprofen for pain relief.

As it continued to get worse I decided to go to a Podiatrist to address my feet, ankles, and leg pain. I had gone to a Podiatrist when it started about 20 years ago and was told I needed orthotics to correct my flat feet and metatarsal problem. Well, it helped for many years but was no longer working and I had a bagful of orthotics and many shoes I could not wear. The current Podiatrist suggested having an MRI done and found 2 Neuromas between the toes on my left foot and 1 on my right foot. These are enlarged nerves between the toes and I thought we finally found the answer. He treated them with cortisone shots and extra alcohol shots and things seemed to get better until I went to California with my family and visited Disneyland. We walked the whole park and I was in pain the entire trip. When I got home I visited my Podiatrist and told him that I felt I was back where I started. He checked my feet and said that they looked good and that there was nothing more he could do for me but that he thought my problem was neurological and that he would call my primary physician and get a referral to a Neurologist.

I made an appointment with the Neurologist and she did some minor testing and thought my feet and legs looked fine. She didn't think I had neuropathy but that she would test me more extensively just to be sure. I had to make another appointment for the tests and to her surprise she diagnosed me with Neuropathy in my feet and legs. She then tested my hands and arms and said I did not have the Neuropathy in the upper extremities as of yet. She could not explain what was causing my neuropathy as I do not have Diabetes nor do I take a lot of drugs to be able to say that it was drug induced. She attributed it to heredity as my mother's family had many neurological problems such as Parkinson's disease and Alzheimer's which my mother now has. Her remedy was to give me Neurontin (a heavy duty pain pill with lots of side affects). I tried them for awhile but was not happy because it was only covering up the problem, and not very well I might add, instead of addressing the underlying cause of the problem and she had no other options to offer me. I knew I needed to find someone that could help me find the cause of this problem because my whole nervous system felt inflamed. At times I felt like my hands and feet were twice the size and I was going to jump out of my skin, yet everything looked normal.

Then I remembered a friend of mine telling me about Martin Johnson at the Total Health Natural Medicine Clinic and I decided to give it a try. After my initial visit to the clinic, I found out that there was blocked regulation in the nervous system caused by a heavy metal toxicity and the adrenals, which help to control inflammation, were not functioning properly and needed nutritional support. The nutritional deficiencies/imbbalances were affecting not only the cardio-vascular and muscular systems, but my overall physiological balance and he indicated that it would take time to get my body back into balance and I would have to be willing to make some changes. Once I began taking the daily supplements needed to detox and support my body, changing my eating habits and reducing my sugar intake, I began to improve and I could feel the inflammation subsiding. Within 2-3 months the following improvements were realized:

- Hands and feet started to feel normal again and not twice their size

- The pain in the legs and feet began to subside and I could be on my feet for longer periods of time and walk longer distances as long as I had my tennis shoes and orthotics on.
- I was sleeping better and the all over body aches in the morning were lessened making getting out of bed easier.
- The covers no longer hurt my toes and walking barefoot was not as painful and I could take more relaxing showers.

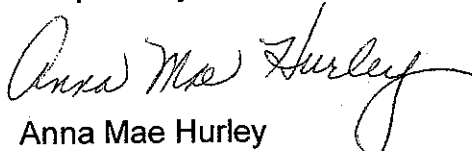
After 4-6+ months I realized more improvements:

- I was able to exercise more and was beginning to lose weight and my clothes were fitting better.
- My wrist was not feeling like it was broken when I got up in the morning and the pain was gone which helped when doing household chores.
- I could actually wear some other flat dress shoes with orthotics besides my tennis shoes and that really helped to be able to dress more fashionable and feel more confident. Best of all I can actually dance a little without all the pain.
- I noticed that my knuckles actually were getting smaller instead of larger and my hands didn't hurt as much allowing me to do things that were painful before like write, sew, chop vegetables, normal household duties.

I am truly grateful to Martin Johnson and his team at Total Health Natural Medicine Clinic for helping me get my body back into balance and reducing my pain. Each day gets better and better. Because I can see and feel the improvements, my anxiety and depression is definitely gone and replaced with excitement and renewed hope. I knew that I had to get my inflammation under control before it would do irreversible harm to my body and I am truly grateful that I had a choice in my healthcare and could be proactive enough to find the help I needed.

I want to continue to have this choice of working with my natural practitioner and my medical doctors to help maintain my health and would be very upset if I no longer had that choice. I firmly believe that I would not have my inflammation under control without Martin Johnson's help. The natural practitioner has a definite place in the medical field as they practice preventative medicine. Instead of different treatments for heart disease, Alzheimer's or colon disease after the fact, there might be a single, inflammation-reducing remedy that would prevent all three. I ask that our State Representatives would vote to allow me and other citizens to have the freedom of choice in our healthcare and to be able to choose Natural, Preventative medicine as well as Western medicine.

Respectfully Submitted,


Anna Mae Hurley

Kayleen Soden

"It's all in your head." I have heard that statement from family, friends, doctors, and psychiatric personnel. On regular basis I suffer with hypoglycemic-like issues, headaches/migraines, attention issues; pains in my joints, skin, bones, and muscles. I also frequently suffer with colds, bronchitis, etc... as well as depression anxiety. I wish I had time to tell you about my full medical history. I have been to doctors, specialists, psychologists and psychiatrists. I have been through embarrassing procedures, ^{as well as} ex-rays, tests, and medications. I have been misdiagnosed at least once with what was thought to be asthma. Inhalers further inhibit my ability to breathe and every medication I have ever taken has come with terrible side effects. I wish I could tell you about doctors who have given me exams as a child that were not explained to me and emotionally carrying. I would tell you about other doctors who have insisted I need a ~~psychiatrist~~ psychiatrist (my therapist was insufficient in his mind) because I was nervous to meet with him without a nurse. I would tell you how I know my body and when I have certain illnesses but have had to pay large doctor bills because of multiple visits due to them not agreeing with my diagnoses "so-to-speak". I would tell you of a friend who was maimed by a surgery gone bad and another who lost her husband due to less than intelligent decisions in the emergency room.

If only I had a day to tell you all I have been through. Recently I began to see Chiropractor

Jeremy Stender and nutritionist Karen Hurd.
Since seeing them, my depression/anxiety has
gotten better and ^{migraines} ^{are rare} my circulation has improved
as well as my eating habits and illnesses
have been at bay. Not to mention care that is
affordable for me.

^{new way it is} I urge you to stop SB#115 from passing
as it assumes the only medical/nutritional
intelligence lies in those licensed by the state.
I am living proof that is an incorrect theory.
Please consider what this bill will do our
freedom of choice as U.S. citizens and what
it will do to our already waning economy.
~~we~~ The WI Health Freedom Coalition has
formed a bill that will allow Health Choice
freedom as well as ~~keep~~ ~~can~~ set up accounts
for non-registered health care persons.

U.S. and WI State citizens deserve
the freedoms of our Constitution.

NORTHWOODS WHOLISTIC HEALTH PRACTICE
**KEVIN R. BRANHAM, D. C., Board Certified Diplomates in Diagnosis and
Internal Disorders (D.A.B.C.I.), Clinical Nutrition (D.A.C.B.N.); Board of Gov. of MAHO**
5680 Cloverland Drive, Eagle River, Wisconsin 54521 (715)479-9066
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METABOLIC DISEASE and ALKALINE-ACID FOOD CHART

Balanced body chemistry, also called homeostasis or equilibrium, is essential for maintaining health and to correct nearly all chronic disease. Acidosis, or over-acidity in the body tissues, is a basic cause of most disease—arthritic, rheumatic, circulatory, digestive, cancer, congestion, allergy conditions and long lasting malfunctioning body systems.

The body "burns" all foods as it combines them with oxygen. This body combustion leaves an ash. The food ash can be neutral, acid or alkaline, greatly depending on the leftover mineral makeup of the original foods. Some foods, especially animal protein or 'tired soil' foods, leave an acid residue or ash, which are lower in mineral content. Richer mineral laden foods leave an alkaline ash, especially plant foods. The excess acid ash (metabolic acidosis) results when the natural alkali reserve your mother's body gave your baby body becomes depleted and not adequately added to during your growing years or maintained as an adult. The excess life stresses, toxic foods, chemicals, and addictive habits, plus illness episodes, injuries, pregnancies, upheavals all use up alkaline reserves—especially those minerals stored in the bone marrow. This also uses up what small reserve supply of fixed bases or minerals are in the blood and body tissues.

Thus, it is vitally important that a proper ratio exists between alkaline and acid foods in the diet. The natural ratio in a normal healthy body is approximately 4 parts alkaline to one part acid, or 80% to 20%. When this ideal ratio is maintained, the body strongly resists disease. When one heals the disease of metabolic acidosis, the ratio of alkaline elements in the diet becomes higher, and recovery is faster. Many people have become vegetarian or have streamlined the previously garbage-based diets and lifestyles and have felt better. Acids are neutralized by alkalis. Thus, it is important in the treatment of most diseases that the patient's diet includes plenty of alkaline-ash foods to counteract the effect of acid-forming foods and leave a safe margin of alkalinity. The natural pH of the blood and cells is slightly alkaline.

Using pH test paper to check saliva and the urine is a quick way to see if your body is too acid. A pH of 7 is neutral and below that is acid (more yellow color) while above that is alkaline (more green and even blue). In general, the saliva reflects the body tissues and the urine reflects the balancing effort of your body. If the saliva is MORE ACID (yellow) than the urine, you are RETAINING ACID and reducing or running out your alkaline reserves.

Again, a healthy body maintains large reserves of alkali, used to meet the crucial demands if too many acid-producing foods and life's stresses are taken in. However, these normal reserves can be depleted. When the desired alkaline-acid ratio falls to 3 to 1, health can be seriously threatened. The body can function normally and hold on to health only with the presence of adequate alkaline reserves and the proper acid-alkaline ration in ALL the body blood and tissues.

For optimum health and the greatest resistance to disease, it is imperative that one's diet is higher, or over-alkaline. The best ratio, is about 80% alkali-producing foods and 20% acid-producing foods in the summer or warm season/climate and 60% alkaline- to 40% acid-producing food ratio in the cold season/climate.

Following are tables of common foods with an approximate potential alkalinity or acidity, as present in one ounce of food. Remember, high alkalinity comes from mineral contents, especially potassium, calcium and magnesium and from crops grown on mineral rich soils.

METABOLIC DISEASE and ALKALINE-ACID FOOD CHART

ALKALI-FORMING FOODS

Figs	30.0	Potatoes	2.0
Soybeans	12.0	Pineapple	2.0
Lima beans	12.0	Cabbage	1.8
Apricots	9.5	Grapefruit	1.7
Spinach	8.0	Tomatoes	1.7
Turnip or beettops	8.0	Peaches	1.5
Raisins	7.0	Apples	1.0
Almonds	3.6	Grapes	1.0
Carrots	3.5	Bananas	1.0
Dates	3.0	Watermelon	1.0
Celery	2.5	Millet	0.5
Cucumber	2.5	Brazil nuts	0.5
Cantaloupe	2.5	Coconuts	0.5
Lettuce	2.2	Buckwheat	0.5
Watercress	2.0		

NEUTRAL (OR NEAR-NEUTRAL) ASH FOODS

Milk	Vegetable oils
Butter	White sugar

ACID-FORMING FOODS

Oysters	5.0	Rice	2.5
Veal	3.5	Whole wheat or rye bread	2.5
Most fish	3.5	Most nuts, except almonds	
Organ meats	3.0	and Brazil nuts	2.0
Liver	3.0	Natural cheese	1.5
Chicken	3.0	Lentils	1.5
Most meats and fowl	3.0	Peanuts	1.0
Eggs	3.0		
Most grains	3.0		

Most grains are acid-forming, except millet and buckwheat, which are considered to be alkaline. Sprouted seeds and grains become more alkaline in the process of sprouting.

All vegetable and fruit juices are highly alkaline. The most alkali-forming juices are: fig juice, green juices of all green vegetables and tops, carrot, beet, celery, pineapple and to a much lesser degree, citrus juices. Vegetable broth is an extremely alkalizing drink.

— Chart from Paavo, Airola, Ph.D., HOW TO GET WELL.

Neonias, which is probably more closely related to
the genus *gymnura*, cannot be distinguished from it.

9/17/2009

"Thank you, Chairman Carpenter and members of the Committee, for the opportunity to read my statement into the record.

I am Syncha Maniscalco the Director of the Health Freedom Coalition and I derive no income from the sale or advice of nutritional products. As my contribution to society I would like see unhindered access to natural dietary/health services information for future generations.

- **After 3.5 decades of chronic illness**, caused by a food allergy. I received free advice from a health food store that a food maybe the source of the illness, removed the food and illness ceased. During the 35 years I was given 100's prescription for drugs and 100's visits to medical doctors, I found relief from chronic illness in natural, non toxic methods. This is a story you will hear repeated here today.
- **This story is also told by** 38.3% of adults (83 million persons) and 11.8% of children (8.5 million children under age 18 years) **or 50.1%** of the population. The most recent national estimates of out-of-pocket expenditures for CAM (Complimentary Alternative Medicine) therapies are now more than a decade old according the CDC report dated July 30, 2009.
- **Out of pocket expenditures for services reduce** the burden on the health care system.
- ***The Wisconsin Dietetic Association (WDA) and its national parent organization, the American Dietetic Association (ADA), are very heavily subsidized and sponsored by major processed food and pharmaceutical manufacturers.*** These companies take a very dim view of any recognized health care professional community which disputes their claims of the safety and healthfulness of their products. ***This bill therefore presents a conflict of interest between the WDA's stated goal of providing unbiased, reliable nutritional advice to the public, and their obligation to their financial benefactors.***

- ***The WDA's and ADA's track record in employing dietary intervention to address important public health issues does not merit handing sole control of nutritional counseling in Wisconsin over to them.*** This is reflected in the soaring national prevalence of obesity (142.0 million Americans are obese) and its growing prevalence in Wisconsin, the persistence of diet and lifestyle-related illnesses such as cancer and heart disease as the leading causes of death, and the rapid rise of others, such as adult onset diabetes, all of which reflect the results of the dietary advice offered by the WDA and ADA.
- ***SB115 would result in the loss of THOUSANDS of entrepreneurial health care businesses*** and forcing consumers to be served by a "one-size-fits-all" philosophy of nutritional counseling. It would deprive thousands more in many cases, their only accessible and affordable source of health care. Wisconsin can not afford to shut down business with a \$6.5 billion deficit.
- ***In a *Chiropractic* – May 23, 1990, Vol. 08, Issue 11,*** The level of malnutrition in U.S. hospitals is reported to be staggering, causing upwards of 50,000 preventable deaths per year, with many more patients being adversely affected. One must contemplate the evidence and the current state of health in our nation. What does the future hold if we as citizens and legislators permitted licensed dietitians to remain in charge?
- ***Discussion of food must remain in the public domain*** and not subject to licensure.
- ***In conclusion:*** Minnesota, California, Rhode Island, Louisiana, Idaho, Oklahoma, and New Mexico have enacted Health Freedom legislation. It is now time to enact a similar Health Freedom law in Wisconsin to protect consumer access to low cost natural health remedies.

Comments on the draft bills LRB1946 and LRB1554
Bills to license Dietitians and Nutritionist in Wisconsin

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I am a former research chemist with a B.S. in chemistry from Rensselaer Polytechnic Institute, where I graduated cum laude, and a Ph.D. from Northwestern University. I specialized in organic chemistry, natural products synthesis.

I am a member of the ACLU and am appalled by the continuing attempt by the Wisconsin Dietetic Association (WDA), a branch of the American Dietetic Association (ADA), to outlaw free speech and association concerning food and nutrition. Some members of the Wisconsin legislature are again planning to introduce dietitian licensing bills. In the 2007-2008 session those bills were AB742 and SB394. They were defeated then. Now the new drafts are labeled LRB 1554 and LRB 1946, identical companion bills in the Assembly and Senate. State Representative Terese Berceau sent me a copy of LRB 1946. Here are some sections of the draft bill:

448.71 License required. Except as provided in s. 448.72 no person may engage in the practice of dietetics and nutrition care service unless the person is licensed as a dietitian or nutritionist under this subchapter.

448.72 Applicability. No license is required under this subchapter for any of the following:

448.72 (11) (a) A retailer that furnishes oral or written general nutrition information related to food, food materials, dietary supplements, and other goods sold at the retailer's establishment or a similar establishment in connection with the marketing and distribution of the food, food materials, dietary supplements, or other good at the retailer's establishment.

(b) A person that furnishes oral or written general nutrition information related to food, food materials, or dietary supplements or the marketing of food, food materials, or dietary supplements, provided the person is not engaged in the practice of dietetics and nutrition care services.

But what is the "practice of dietetics and nutrition care services"? According to **448.70(6)** "Practice of dietetics and nutrition care services" includes each of the following *but does not include the retail sale of food products or vitamins* [my emphasis added]:

- (a)
- (b)
- (c) "Providing nutrition counseling to an individual or group of individuals regarding health and disease."

That may sound innocent enough until you look at the dictionary definition of counsel, from which the word "counseling" is derived. One definition of "counsel" is "to

give advice to; advise." Another definition is "to urge the adoption of, as a course of action; recommend (a plan, policy, etc.)." If I speak to an individual or group about what constitutes a healthy diet and what constitutes good quality food, I am breaking the law under this bill. Ironically, that would include my government representatives, if I urge them to adopt a certain law to improve the nutritional quality of certain groups within the population, or the population as a whole, such as to remove junk food from school cafeterias.

There is also the question of equal protection under the law. The bill allows untrained retail store clerks to provide nutritional information, but I, with a Ph.D. in chemistry--and who specialized in organic chemistry/natural products synthesis--will be told to shut up. The bill states, see above under 11(a), that the retail sale of food products or vitamins is not covered by this bill, but does not include the phrase "provided the person is not engaged in the practice of dietetics and nutrition care services." That phrase is included for the rest of us. In other words, totally untrained or unqualified retail store clerks are being given free speech while mine is being taken away.

I also think that the law could be interpreted to prevent herbalists from practicing because the dividing line between herbs and foods are very arbitrary. Some, like the herbs and spices one uses in cooking, are generally put in both categories. Furthermore, the section on chiropractors says:

446.02 (6m) No chiropractor may provide counsel, direction, guidance, advice, or a recommendation to a patient regarding the health effects of vitamins, herbs, or nutritional supplements unless the chiropractor has been issued a certificate under sub. (2) (c). This subsection does not apply to a chiropractor licensed under this chapter who is licensed as a dietitian or nutritionist under subch. V of ch. 448 [DIETETICS AND NUTRITION CARE SERVICES AFFILIATED CREDENTIALING BOARD].

It seems clear from this paragraph that the legislators consider herbal medicine to be a branch of dietetics and nutrition and will be indirectly outlawing it. I am opposed to the outlawing of herbalists.

Under this bill our freedom of speech and association is being callously curtailed. We could not give nutritional advice to our family, friends, associates, or larger groups. I am a member of The Weston A. Price Association (<http://www.westonaprice.org/index.html>), which is dedicated to improving people's nutrition and the quality of the foods we all eat. At our local chapters we have discussed many issues of nutrition and food quality. Even if I give no specific information to a given person, my saying that commercial, pasteurized milk is not good for you and that raw milk from pastured cows is healthier is advising, by implication, everyone in the group to not consume it. That would be illegal under the bill.

The health of our nation is a major issue now. Our so-called health care system--really a sick care system--is bankrupting the nation. We need more debate on what constitutes a healthy diet, not less. The best way to protect our freedoms is to make sure we don't lose them in the first place. We must not let this bill pass. Even if the State does not take

action against those who choose to differ with the prevailing views on nutrition, as I and my friends do on some issues, the law will have a chilling effect if it passes as is.

Along with my objections to the restrictions on my Constitutional rights, I also must question the ADA's competence to give people nutritional advice. I looked at their website and have come to two conclusions. One, they never question any product that the conventional foods industry produces. And two, they take money from some of these conventional foods producers. The former means that they blindly accept whatever information they are told, so cannot be an authority on anything. The second means that their ignorance on the harmful effects of conventional foods and drinks can be bought. Therefore, I don't want the ADA to decide who is competent to practice dietetics or nutrition, but that is what the draft bills will do.

Sincerely yours,

Mary Cohen, Ph.D.,

Gary Cohen, Ph.D.



KATHLEEN VINEHOUT

STATE SENATOR

**Testimony before the Senate Committee on Public Health, Senior
Issues, Long-Term Care and Job Creation
Senate Bill 115
September 17, 2009**

Good Morning Chairperson Carpenter and committee members. Thank you for this opportunity to testify in favor of Senate Bill 115, the Wisconsin Dietitian Licensure bill.

This bill provides consumers with important assurances about the education and training of those who provide nutrition care services and gives consumers confidence in the choices they make when seeking nutritional advice.

The bill will create the title of **Dietitian Nutritionist**. These individuals will be licensed to provide dietetics and nutrition care services which includes nutritional diagnostic, therapy, and counseling services for the purpose of managing disease.

Additionally, SB 115 will increase help access to advanced nutrition care as insurance companies often require a provider to be licensed before they will cover the service.

Dietitians are a critical partner in a patient's health care team. Physicians often recommend their patients consult with a Dietitian as part of the treatment plan. Physicians and consumers need to know these providers have the appropriate education and training to treat specific chronic diseases.

Recently I received a letter describing dietitian education program from a constituent of mine, Carol Seaborn, Professor in the Dept. of Food and Nutrition at UW-Stout. Carol has been teaching future dietitians for 17 years.

Carol wrote: *"We train students who wish to become registered dietitians in a rigorous science based program equivalent to the rigor of pre-med or nursing. Upon graduation, these students complete a 9 to 12 month internships of supervised training that include medical nutrition therapy...and must pass a registration exam."*

Licensure will ensure that all Wisconsin Dietitians have met that high standard of education and training.

Today, the committee considers a substitute amendment to SB 115.

Since introduction of the bill, Rep. Pasch and I have been working with Legislative Council staff and concerned groups to modify the bill in an attempt to address issues identified by alternative practitioners.

An important provision of the substitute amendment is removing restrictions on use of the title "Nutritionist". This was a significant issue for many alternative providers and I am pleased we could develop language that allows them to continue using this title.

Among the materials you received about this proposal is a memo from Legislative Council attorney Dick Sweet confirming that anyone can use the title of "Nutritionist".

We were also able to develop compromise language in the substitute amendment which will allow alternative practitioners to continue to provide nutritional information to their clients.

The substitute amendment language states that alternative practitioners can provide people guidance on healthy lifestyles, healthy eating, general nutrition or the use of herbs, vitamins, minerals, amino acids carbohydrates, sugars, enzymes, food concentrates, foods and food or dietary supplements.

However, the amendment does require an alternative practitioner to provide written disclosure to their clients stating they are not licensed by the state or authorized to provide a medical diagnosis or recommendations.

The amendment will not prevent licensed or certified healthcare professionals from practicing within their scope of practice. It also will not

impact businesses or individuals that sell and or market food products or dietary supplements.

You will note also the substitute amendment exempts the following individuals from licensing by the Dietetics and Nutrition Care Services Affiliated Credentialing Board:

- Nurses, chiropractors, dentists, dental hygienists, physicians, physical therapists, podiatrists, athletic trainers, occupational therapists, optometrists, pharmacists, and acupuncturists who provide general nutrition information— as long as they practicing within the scope of their professional license or certificate.
- A dietitian or nutritionist serving in the U.S. armed forces.
- A retailer that provides general nutrition information about food and dietary supplements in connection with the marketing and sale of those products.
- An individual, who furnishes information to clients regarding lifestyle, or who markets, distributes, sells, or furnishes general nutrition information as to the use of herbs, vitamins, minerals, amino acids, carbohydrates, sugars, enzymes, food concentrates, foods, or food or dietary supplements.

This bill, as amended, has strong support from the medical community and organizations such as the Association of Diabetes Educators, the American Heart Association, the Wisconsin Public Health Association and Local Health Departments and Board, the School Nutrition Association and Wisconsin WIC Association.

I thank the committee for your attention to this important legislation and urge your support of SB 115.

